

Figure 1. The effect of the number of trials on the number of correct responses. The number of correct responses was significantly higher than the number of incorrect responses in all cases. The number of correct responses was significantly higher than the number of incorrect responses in all cases. The number of correct responses was significantly higher than the number of incorrect responses in all cases.

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We may live without poetry, music and art.  
 We may live without conscience, and live without heart.  
 We may live without friends, we may live without books.  
 But the civilized man cannot live without cooks.  
 He may live without books—what is knowledge but grieving?  
 He may live without hope—what is hope but deceiving?  
 He may live without love—what is passion but pining?  
 But there is the man who can live without dining.

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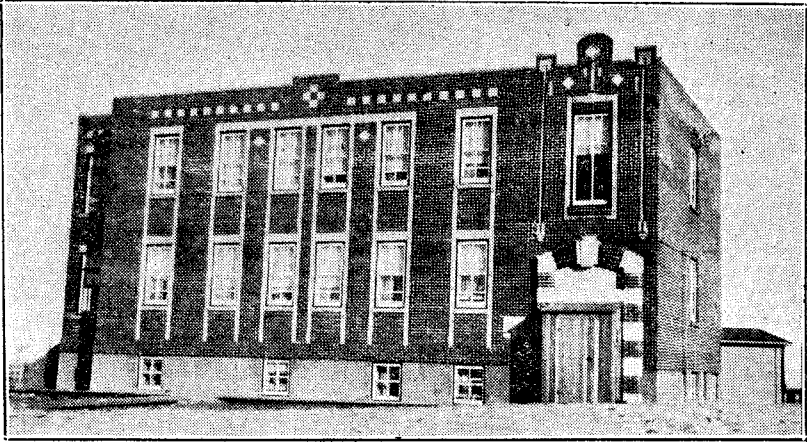
ALL TESTED  
**Recipes**

Happiness in man — the hungry sinner —  
Since Eve ate apples — depends on the dinner.

*Contributed by the Members of*

**ASSINIBOIA UNION HOSPITAL  
WOMEN'S AUXILIARY**

—§§ **1936** §§—



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## TABLE OF WEIGHTS and MEASURES

2 cups .....	1 pt.
4 cups .....	1 qt.
2 cups Butter (packed solidly) .....	1 lb.
3½ cups Flour (pastry) .....	1 lb.
2 cups Granulated Sugar .....	1 lb.
2 cups Fruit Sugar .....	1 lb.
2¾ cups Icing Sugar .....	1 lb.
3¼ cups Brown Sugar .....	1 lb.
5½ cups Rolled Oats .....	1 lb.
2½ cups Cornmeal .....	1 lb.
3½ cups Graham Flour .....	1 lb.
1¾ cups Rice .....	1 lb.
4 cups Coffee .....	1 lb.
8 medium Eggs .....	1 lb.
1 Square Baker's Chocolate .....	1 oz.
3 tsp. ....	1 tbsp.
16 tsp. ....	1 cup.
2 tbsp. Butter .....	1 oz.
2 tbsp. Granulated Sugar .....	1 oz.
2½ tbsp. Flour .....	1 oz.

## TIME TABLE

### BAKING

Beef, per lb. ....	15 mins. and 15 mins. over.
Mutton, per lb. ....	15 mins. and 15 mins. over.
Pork, per lb. ....	20 mins. and 20 mins. over.
Veal, per lb. ....	20 mins. and 20 mins. over.

### BOILING

- 20 to 25 minutes for each 1 pound according to the shape of the joint and kind of meat.
- For Custards—3 to 4 eggs to one pint of milk, 1 teaspoonful of vanilla to 1 quart of milk.
- For Blanc Manges—2 tablespoons cornflour to 1 quart milk.
- For Cakes—1½ teaspoonfuls of baking powder to 1 quart of flour, 1 teaspoonful soda to 1 pint sour milk.

## BEVERAGES

### UNFERMENTED GRAPE JUICE

10 lbs. grapes, 3 lbs. sugar, 3 cups water. Put grapes and water into kettle and heat until pulp and seeds separate. Then strain through jelly bag and add sugar. Heat to boiling point and bottle. When serving dilute with water.

*Mrs. A. Moen.*

### GRAPE JUICE

1 quart grapes, 1 quart water. Boil until very soft. Mash through strainer. Add 1 cup sugar to one quart of juice. Let boil up once after sugar is dissolved. Put in bottles and cork at once.

*Mrs. Gullivan.*

### GRAPE WINE

To each gallon of wine, take one basket of grapes and pick the grapes off the stems, put them in a fiber or stone crock. Mash the grapes and to each basket of grapes add 3 quarts of water and let stand for 3 days, then strain and add 3 lbs. of granulated sugar to each gallon of wine. When sugar is thoroughly dissolved, put into keg or jugs leaving out a little to fill in each day. Let the wine ferment about six weeks, then close the keg. When you wish to bottle the wine it is advisable to syphon the wine into the bottles. The bottle should be well corked or sealed.

*Mrs. W. J. Kotte.*

### BOSTON CREAM DRINK

4 cups granulated sugar, 2 quarts water. Boil to a syrup and let cool. Beat whites of 2 eggs and stir in 2 heaping tablespoons of tartaric acid, juice of 2 lemons (rinds if desired). Flavour with vanilla and bottle. This makes a nice cool summer drink. Put in a glass, a small quantity of the above and fill up with ice cold water.

*Mrs. H. J. Lafromboise.*

### LEMON SYRUP

(Makes Five Quarts)

8 lemons sliced thin, 1 ounce tartaric acid, 1 ounce essence ginger (Fuse powdered ginger), pinch cayenne, 8 cups sugar,  $\frac{1}{2}$  cup (or more burnt sugar solution. Put these ingredients in a crock and cover with 5 qts. boiling water. Stir well. Leave for 24 hours then strain and bottle. Keep in a cool place.

*Mrs. C. J. Lee.*

### TOMATO COCKTAIL

2 small tins tomato juice, 1 can shrimp, dash of cayenne pepper. H. P. or Worcester Sauce. Salt and pepper to taste.

*Mrs. J. J. McDonald*

## Bread, Breakfast & Tea Cakes

### ICE BOX ROLLS

1 yeast cake, 1 cup scalded milk,  $\frac{2}{3}$  cup shortening (Crisco), 1 large tablespoon sugar, 1 cup potatoes (mashed), 2 eggs well beaten, 1 teaspoon salt, flour. Dissolve yeast cake and sugar in lukewarm milk, add other ingredients. Put in ice box, make into rolls about 1 hour before baking. This dough will keep for 3 or 4 days.

*Mrs. H. J. Lafromboise.*

### ENGLISH BISMARCKS

$\frac{1}{2}$  cup butter, 1 cup white sugar, 2 cups scalded milk,  $\frac{1}{2}$  yeast cake dissolved in  $\frac{1}{2}$  cup luke warm water, 2 eggs,  $\frac{1}{2}$  teaspoonful salt, flour. Cream butter and half cup sugar and beat well, add scalded (cooled) milk. Add yeast. Mix enough flour to make thick batter. Cover and let rise over night, add to sponge in morning: 2 eggs,  $\frac{1}{2}$  cup sugar and salt and enough flour to make smooth dough and knead. Let rise, knead again and let rise again, then make into small balls and place in pan to rise about 1 hour. Fry in hot fat and when cooked make slit and put in jam and roll in icing sugar.

*Mrs. R. C. Bridge.*

### ICE KUPFELS

1 cup shortening, 2 or 3 eggs (beaten till thick), 1 cake yeast, 1 cup sweet cream or canned milk,  $\frac{1}{2}$  teaspoon salt, 5 cups sifted flour, 1 cup sugar, 2 teaspoons cinnamon. Cream shortening, add eggs, and beat well, add dissolved yeast in cream and salt, mix and add about 5 cups flour, enough to make dough stiff enough to knead. Turn on floured board and knead lightly until smooth. Place in bowl, cover and set in cool place 3 or 4 hours. Then sprinkle  $\frac{1}{2}$  cup of sugar on board and turn out dough. Roll out and fold from top to bottom, from right to left and repeat 3 or 4 times. Roll 1 inch thick and cut in strips 1x3 inches. Twist roll in remaining sugar and cassia mixture. Place in pans, let rise  $\frac{1}{2}$  hour in warm place. Bake 30 minutes in moderate oven 350 degrees.

*Mrs. J. J. McDonald.*

### PANCAKES

Mix 2 tablespoons white sugar, 1 tablespoon butter or shortening together; then add 1 egg, 1 cup sweet milk and 1 heaping teaspoon baking powder and enough flour to make a good creamy batter. Fry in hot greased pan.

*Mrs. Gullivan.*

### WAFFLES

One and  $\frac{1}{3}$  cups flour, 2 tablespoons baking powder,  $\frac{1}{2}$  teaspoon salt, 1 cup milk, 2 eggs, 1 tablespoon melted butter. Sift dry ingredients, add milk and well beaten yolks. Add butter, then whites of eggs beaten stiff.

*Mrs. J. E. Barber.*

## Bread, Breakfast and Tea Cakes—Continued.

### POPOVERS

1 cup four well sifted before measuring,  $\frac{1}{2}$  teaspoon salt, 2 eggs, 1 cup milk. Heat deep muffin pans and grease well, using part butter for flavor. Put pans in oven to get piping hot while mixing batter. Beat eggs thoroughly and add milk. Add flour and salt. Beat for five minutes. Pour into sizzling hot pans and bake in hot oven for 15 minutes.

*Mrs. C. J. Lee.*

### GRAPE NUT BREAD

1 egg,  $\frac{3}{4}$  cup sugar, 2 cups sweet milk, 1 cup grape nuts, 2 teaspoons cream of tartar, 1 teaspoon soda, 1 teaspoon salt, 3 cups flour.

*Mrs. Gulliver.*

### MUFFINS

1 tablespoon butter, 2 tablespoons sugar, 2 eggs, 1 cup sweet milk, 3 teaspoons baking powder, flour enough to make a fairly stiff batter. Cream butter and sugar, add eggs, beat well; add milk then flour and baking powder sifted together. Bake in hot oven.

*Mrs. Forler.*

### GRAHAM GEMS

$\frac{1}{2}$  cup sugar,  $\frac{1}{3}$  cup shortening,  $1\frac{1}{2}$  cups sour milk, 1 teaspoon soda, 2 teaspoons baking powder, 1 teaspoon salt, 1 egg, 1 good-sized cup each of bran and flour (Graham flour may be used). Cream shortening and sugar, add egg, beat well, then add milk and salt. Mix soda and baking powder thoroughly in the flour and bran, add to the above and beat well. Bake in muffin tins in hot oven.

*Miss Bessie Cummings.*

### BRAN MUFFINS

3 tablespoons sugar, 3 eggs, 1 cup milk,  $\frac{1}{2}$  cup syrup,  $\frac{1}{4}$  teaspoon salt,  $\frac{1}{2}$  teaspoon soda, 1 cup flour, 2 cups Tilson's bran,  $\frac{1}{2}$  cup walnuts, 1 cup raisins, 1 cup dates. This makes 12 muffins.

*Miss L. Schwartz.*

### ORANGE NUT BREAD

3 cups flour, 3 teaspoons baking powder,  $\frac{1}{4}$  cup sugar, 1 egg,  $\frac{1}{2}$  cup walnuts, 1 tablespoon grated orange rind,  $\frac{1}{2}$  cup orange marmalade,  $\frac{1}{2}$  teaspoon salt, 1 cup milk. Sift dry ingredients and add nuts, orange rind and marmalade, add milk to beaten egg and stir all together. Pour into pan and let rise 15 minutes, then bake 1 hour in moderate oven (350°F).

*Mrs. P. B. Murphy.*

### BANANA BREAD

1 cup white sugar,  $\frac{1}{2}$  cup butter, 1 egg, 3 bananas (well mashed), mix 3 tablespoons sour cream and 1 teaspoon soda in the bananas, pinch salt, 2 cups flour. Bake in loaf tin for 1 hour in moderate oven.

*Mrs. R. L. Davidson.*



## Bread, Breakfast and Tea Cakes—Continued.

### APRICOT TEA MUFFINS

(Makes 12)

12 dried Apricot halves,  $\frac{1}{4}$  cup brown sugar, 2 tablespoons butter, 4 tablespoons shortening,  $\frac{1}{4}$  cup sugar,  $\frac{2}{3}$  cup milk, 2 cups flour, 2 eggs, 4 tsps. baking powder,  $\frac{1}{2}$  tsp. salt. Soak apricots in cold water several hours. Drain and put one in each greased muffin pan. Cream shortening and sugar together, add eggs, one at a time, beating vigorously, and add milk, mix and sift flour, baking powder, salt, stir into first mixture. Drop by spoonfuls on apricots. Bake in hot oven (400F), 20 minutes. Serve hot.

*Miss Iona Steward.*

### CHINESE TEA ROLLS

Mix  $\frac{1}{2}$  cup butter,  $\frac{1}{4}$  cup fruit sugar, yolk of 1 egg, 1 cup flour. Form in balls, then flatten, dip in unbeaten egg white, dint in centre with thimble, roll in crushed nuts. Bake 5 minutes, then take out and dint again. Bake a golden brown. Put a little jelly in.

*Mrs. F. Kissner.*

### RAISIN SCONES

3 cups flour, 2 teaspoons baking powder, 1 cup butter, 1 cup lightest brown sugar, 1 cup sweet milk or  $\frac{1}{2}$  cup cream. Mix and add well beaten egg white. Roll about  $\frac{1}{2}$  inch thick. Spread with yolk of egg well beaten. Cut in triangles or squares and bake.

*Mrs. Kotte.*

### BAKING POWDER BISCUITS

2 cups flour.	1 tablespoon butter.
4 teaspoons baking powder.	1 tablespoon lard.
3 teaspoon salt.	1 tablespoon sugar.
1 cup milk.	

*Mrs. Cavanaugh.*

### CREAM COOKIES

1 cup sugar.	3 cups flour
2 eggs	3 teaspoons baking powder.
$\frac{1}{2}$ cup butter.	Salt and vanilla.
1 cup thick cream.	

*Mrs. Cavanaugh.*

### APPLE FRITTERS

1 cup flour, 1 egg, 2 level teaspoons Baking powder,  $\frac{1}{4}$  teaspoon salt,  $\frac{1}{2}$  cup milk, 2 teaspoons sugar, 2 cups diced apples. Mix dry ingredients and add beaten egg and milk, then apples. Fry in hot deep fat. Serve with batter and syrup.

*Mrs. T.H. West.*

### HEALTH BREAD

$1\frac{1}{2}$  cups oatmeal,  $1\frac{1}{2}$  cups bran, 1 teaspoon butter,  $\frac{1}{2}$  cup flour, sugar, 1 teaspoon salt, 2 cups boiling water. When cold add  $\frac{1}{2}$  yeast cake dissolved in 1 cup warm water and  $\frac{1}{2}$  cup flour. Mix and let stand until morning then add 4 cups flour. Mix and put in tins and let rise one hour. Bake 40 minutes.

*Mrs. T.H. West.*

## CAKES

### COCOANUT CAKE

1 cup sugar,  $\frac{1}{2}$  cup butter, 2 cups sifted flour,  $2\frac{1}{2}$  teaspoons baking powder,  $\frac{3}{4}$  cup milk, 3 eggs beaten separately,  $\frac{1}{2}$  cup cocoanut. Soak cocoanut in sweet milk for 1 hour, then squeeze dry. Cream butter and sugar, add yolks and beat hard. Sift baking powder with flour, add flour and milk, fold in egg whites and cocoanut. Bake in hot oven (400 degrees F.). Ice with boiled icing.

*Mrs. C. T. Graham.*

### ALMOND MERINGUE CAKE

$\frac{1}{2}$  cup butter,  $1\frac{1}{2}$  cups powdered sugar, 4 eggs,  $1\frac{1}{2}$  cups flour,  $\frac{1}{2}$  cup cornstarch, 4 teaspoons baking powder,  $\frac{1}{2}$  cup milk, 1 teaspoon almond extract,  $\frac{1}{3}$  cup almonds (blanched and shredded). Cream butter, add sugar gradually, beating all the time. Add well beaten yolks. Sift together three times flour, cornstarch and baking powder. Add to butter mixture alternately with the milk. Add flavoring then stiffly beaten egg whites. Turn into a buttered nine-inch square pan about 2 inches deep and cover with almonds and sprinkle with powdered sugar. Bake in moderate oven for 30 minutes.

*Mrs. L. R. Smith.*

### MAPLE WALNUT CAKE

$\frac{1}{2}$  cup butter,  $1\frac{1}{2}$  cups brown sugar, 3 eggs,  $2\frac{1}{4}$  cups flour, 3 teaspoons baking powder,  $\frac{3}{4}$  cup milk,  $\frac{1}{2}$  teaspoon maple flavoring,  $\frac{1}{2}$  teaspoon salt,  $\frac{1}{2}$  cup walnuts.

*Mrs. Basil Williams.*

### ORANGE CAKE

$1\frac{3}{4}$  cups flour, 3 teaspoons baking powder,  $\frac{1}{4}$  teaspoon salt,  $\frac{1}{2}$  cup butter, 1 cup sifted sugar, 3 eggs (separated),  $\frac{2}{3}$  cup sweet milk. 1 tablespoon grated orange rind, juice of 1 orange. Put together with orange icing.

*Mrs. L. Harvey.*

### DAVIS CAKE

1 cup white sugar,  $\frac{1}{2}$  cup butter, 1 cup chopped raisins, 1 egg, 1 cup sour milk, 1 teaspoon soda, 1 teaspoon mixed spices, 2 cups flour. Bake in layers and put filling as desired.

*Miss Ruth Bell*

### NUT SMACKS

$\frac{1}{3}$  cup butter,  $\frac{1}{3}$  cup white sugar, yolks of 2 eggs (beaten),  $1\frac{1}{2}$  cups flour, 1 teaspoon vanilla, 1 teaspoon baking powder. Mix and cover bottom of pan 9"x9".

TOP PART—2 egg whites (beaten stiff), 1 cup brown sugar, 1 cup walnuts (cut fine),  $\frac{1}{4}$  cup cocoanut. Pour over bottom part and bake in a slow oven.

*Mrs. Alf. Maen.*

## CAKES—Continued

### FRUIT CAKE (Delicious)

Cream 1 lb. butter, add 1 lb. light brown sugar gradually, and beat until smooth. Add 9 well beaten egg yolks and blend well. Fold in 9 stiffly beaten whites. Mix 3 lbs. currants, 2 lbs. seeded raisins,  $\frac{1}{2}$  lb. blanched and shredded almonds and 1 lb. sliced citron. Over the fruit mixture sift  $\frac{1}{2}$  lb. flour; mix lightly. Mix and sift  $\frac{1}{2}$  lb. flour, 2 teaspoons mace, 2 teaspoons cinnamon and 1 teaspoon soda. Alternately, add 2 teaspoons milk or brandy, with the sifted dry ingredients to the butter mixture, then add the fruit mixture, turn into cake pans lined with buttered paper and bake 4 hours in a very slow oven. If preferred, steam 3 hours and then bake  $1\frac{1}{2}$  hours in a very slow oven. Let stand in pan until cold.

*Mrs. J. Easton*

### DATE & NUT LOAF

$\frac{1}{2}$  cups brown sugar,  $\frac{1}{2}$  cup butter,  $\frac{1}{2}$  cup sour cream, 3 eggs, grated rind and juice of 1 lemon and 1 orange, 1 teaspoon soda, 1 lb. dates,  $\frac{1}{2}$  cup chopped walnuts, 3 cups flour.

*Mrs. O. Cheriton.*

### DATE & NUT CAKE

1 cup brown sugar,  $\frac{1}{2}$  cup butter, 2 eggs,  $\frac{1}{2}$  cup warm water,  $1\frac{1}{2}$  cups flour, 1 teaspoon soda mixed in flour, 1 lb. chopped dates,  $\frac{1}{2}$  cup chopped walnuts, 2 teaspoons cinnamon, 2 teaspoons cocoa,  $\frac{1}{4}$  teaspoon cloves,  $\frac{1}{4}$  teaspoon mace, 1 teaspoon vanilla. Cream butter and sugar, add eggs well beaten, then water and flour alternately, flavor, lastly fruit and spices.

*Miss L. Schwartz.*

### ROYAL SPONGE CAKE

$1\frac{1}{2}$  cups sugar,  $\frac{1}{2}$  cup water, 6 eggs,  $\frac{1}{2}$  teaspoon cream of tartar,  $\frac{1}{2}$  teaspoon lemon extract, 1 cup flour (sifted four times). Boil sugar and water until it spins a thread about three inches long. Pour over beaten egg whites in a fine stream and beat until the mixture cools. Stir in beaten yolks and flavoring, then fold in the flour with the cream of tartar and bake in an ungreased tin 1 hour and 20 minutes in a slow oven.

*Mrs. F. Kissner.*

### COFFEE CAKE

1 cup of melted butter, 2 cups of brown sugar, 1 cup of strong coffee, 4 cups of flour, 2 eggs, 1 teaspoonful of cloves, cinnamon and nutmeg; 1 cup of raisins, boiled and seeded; 2 heaping teaspoonfuls of baking powder.

*Mrs. C. J. O'Connor.*

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**CAKES—Continued**  
**WALNUT SPICE CAKE**

(No eggs)

1 cup brown sugar,  $\frac{3}{4}$  cup sour milk, 1 teaspoon soda,  $\frac{1}{4}$  teaspoon of all kinds of spices, 1 cup raisins. About  $1\frac{1}{2}$  cups flour. Bake in layer tins.

Filling for between and top—1 cup sour cream,  $\frac{1}{2}$  cup sugar, 1 cup chopped nuts. Boil until thick, add pinch of soda.

*Mrs. J. J. McDonald.*

**MUD CAKE**

1 cup butter, 2 cups brown sugar, 3 eggs,  $\frac{2}{3}$  cup cocoa (melted), 1 cup sour milk, 1 teaspoon soda, 2 cups flour, 1 cup walnuts, 1 cup dates.

*Mrs. F. Kissner.*

**CHERRY CAKE**

$1\frac{3}{4}$  cups flour, 3 teaspoons baking powder,  $\frac{1}{4}$  teaspoon salt,  $\frac{1}{2}$  cup butter, 1 cup sugar, 3 eggs (separated), 1 cup cherries,  $\frac{1}{2}$  cup milk,  $\frac{1}{2}$  teaspoon almond extract. Mix same as a butter cake. Halve the cherries and dust with a little flour. Fold stiffly beaten egg whites in at the last. Bake in loaf tin in a moderate oven (350F).

*Mrs. L. Harvey.*

**PUMPKIN CAKE**

$\frac{1}{2}$  cup shortening, 1 cup sugar, 2 egg yolks, 1 cup pumpkin,  $1\frac{3}{4}$  cups flour, 3 teaspoons baking powder, 2 eggs whites, 1 teaspoon salt,  $\frac{1}{2}$  teaspoon cinnamon,  $\frac{1}{2}$  teaspoon cloves. Cream shortening with sugar. Stir in egg yolks. Beat thoroughly. Sift dry ingredients together and add to batter. Beat egg whites and fold in gradually.

*Mrs. Chas. J. Lee.*

**BOILED RAISIN CAKE**

Cover 1 cup raisins with boiling water and let simmer 20 minutes. Cream  $\frac{3}{4}$  cup sugar (white),  $\frac{1}{2}$  cup butter, 1 beaten egg, 1 teaspoon soda dissolved in a half cup of raisin water,  $1\frac{1}{2}$  cups flour, 1 teaspoon nutmeg, 1 teaspoon cinnamon, pinch of salt. Bake one half hour.

*Mrs. Gullivan.*

**BANANA LOAF CAKE**

$\frac{1}{2}$  cup butter, 1 cup sugar,  $\frac{1}{2}$  teaspoon salt, 4 teaspoons sour milk, 2 eggs, 2 cups flour, 1 teaspoon soda, 3 ripe bananas. Cream butter and sugar, add salt, beaten eggs and sour milk and beat well. Sift flour and soda together and add to butter mixture. Add mashed bananas. Bake in greased loaf tin in moderate oven for 30 minutes.

*Miss B. Chambers.*

**BANANA LAYER CAKE**

$\frac{1}{2}$  cup butter,  $1\frac{3}{4}$  cups sugar, 3 eggs, 1 teaspoon vanilla,  $\frac{1}{4}$  teaspoon salt,  $2\frac{1}{2}$  cups flour, 3 teaspoons baking powder,  $\frac{2}{3}$  cup milk. Cream butter, work in sugar, beating well. Add unbeaten eggs, one at a time, beating well after each one. Add flavoring. Sift flour, baking powder, and salt and add alternately with milk.

*Mrs. M. G. Forler.*

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## CAKES—Continued

### WHITE CHRISTMAS CAKE

$\frac{1}{2}$  cup brandy or wine,  $\frac{1}{2}$  can of Almond paste,  $\frac{1}{2}$  lb. butter,  $\frac{1}{4}$  lb. citron peel,  $\frac{1}{4}$  lb. cherries,  $\frac{1}{4}$  lb. glazed fruit, 5 egg whites only,  $\frac{1}{4}$  pint cream,  $1\frac{1}{4}$  cups sugar, 1 level teaspoon baking powder,  $\frac{1}{4}$  teaspoon soda,  $\frac{1}{4}$  bottle lemon extract, 1 lb. sultana raisins,  $3\frac{1}{2}$  cups flour. Bake a tablespoon on a small tin first, to decide if enough flour.

*Mrs. Cavanaugh.*

### SOUR CREAM CAKE

1 cup brown sugar,  $\frac{1}{4}$  cup butter, 1 cup sour cream with  $\frac{1}{2}$  teaspoon soda, 2 eggs, 3 teaspoons cocoa sifted with flour, 1 teaspoon vanilla,  $\frac{1}{8}$  teaspoon salt,  $\frac{1}{2}$  cup chopped nuts,  $\frac{1}{2}$  cup chopped raisins, 1 cup dates, 2 cups flour.

*Mrs. J. Moss.*

### SOUR CREAM NUT CAKE

Whites of 5 eggs, 2 cups sugar, 1 scant cup butter, 1 cup sweet milk, 3 teaspoons baking powder, 3 cups flour.

FILLING—Yolks of 5 eggs, 1 cup sour cream, 1 cup sugar, 1 cup chopped nuts. Flavor with almond. Cook cream, eggs and sugar until it thickens. Remove from stove and beat, then add nuts and flavoring.

*Mrs. A. Moen.*

### GINGERBREAD

$\frac{1}{2}$  cup sugar,  $\frac{1}{2}$  cup butter and lard mixed,  $1\frac{1}{2}$  teaspoons soda, 1 teaspoon cinnamon, 1 teaspoon ginger, 1 egg, 1 cup Brer Rabbit Molasses,  $2\frac{1}{2}$  cups sifted flour,  $\frac{1}{2}$  teaspoon salt,  $\frac{1}{2}$  teaspoon cloves, 1 cup hot water. Cream shortening and sugar. Add beaten egg, molasses, then dry ingredients which have been sifted together. Add hot water last and beat until smooth. Bake in greased shallow pan 40-45 minutes in moderate oven (350F). Makes 15 portions.

*Miss Iona Steward.*

### SWANS DOWN SILVER CAKE

(4 egg whites)

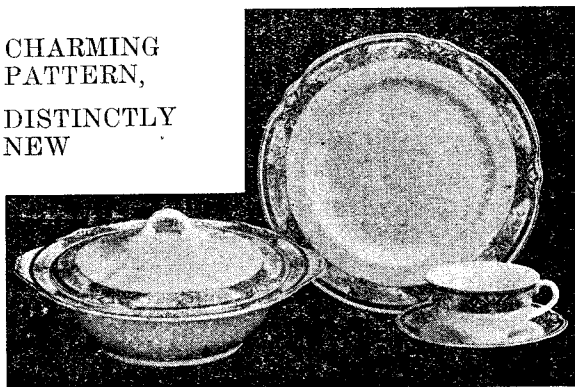
3 cups sifted Swans Down Flour, 3 teaspoons baking powder,  $\frac{1}{2}$  cup butter or some other shortening,  $1\frac{1}{2}$  cups sugar, 1 cup milk,  $\frac{1}{2}$  teaspoon lemon extract, 4 egg whites, stiffly beaten. Sift flour once, measure, add baking powder and sift together three times. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add flour alternately with milk, a small amount at a time, beating after each addition until smooth. Add flavoring. Fold in egg whites quickly and thoroughly. Bake in two greased 9-inch layer pans in moderate oven (375F) 25-30 min.

*Miss Iona Steward.*

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## CAKES—Continued

### PRUNE CHOCOLATE CAKE

1½ cups flour, 1 cup sugar, 1 teaspoon allspice, 1 teaspoon cinnamon, 2 tablespoons butter, 1 teaspoon soda, 2 eggs, 2 tablespoons ground chocolate, 1 cup chopped cooked prunes, ½ cup prune juice (warm). Cream butter and sugar, add eggs and beat well. Add prunes. Mix dry ingredients, add to above, beat well. Quickly mix soda and prune juice and mix all together.

FILLING—4 tablespoons butter, 2 tablespoons ground chocolate Vanilla to taste. 2 tablespoons hot strong coffee. Cream butter with powdered sugar as much as butter will hold. Dissolve chocolate in hot coffee, add lastly vanilla.

*Miss Bessie Cummings.*

### APRICOT UPSIDE-DOWN CAKE

¼ cup shortening, ½ cup brown sugar, 1 can apricots. Melt shortening in pan 10x11, spread sugar over and cover with well drained apricots, cover with cake batter as follows:

Cake Batter—3 eggs, 1 cup sugar, 5 tablespoons apricot juice, 1 cup flour, 1 teaspoon baking powder.

*Mrs. P. B. Murphy.*

### JELLY ROLL

1 cup sugar, 4 eggs, 1 cup flour, 1 teaspoonful baking powder; beat well together. Bake in large shallow pan, spread with jelly and roll while warm. Flavor if desired. Bake 10 minutes.

*Mrs. O. Cheriton.*

### HERMIT CAKE

½ lb. creamed butter, 1½ cups brown sugar, 3 well beaten eggs, 2 teaspoons vanilla extract, 2 teaspoons lemon extract, 1 teaspoon soda dissolved in as little water as possible, 2½ cups flour; 1 lb dates chopped fine, 1 cup walnuts, 1½ cakes lemon peel. Add fruit last, and bake in moderate oven.

*Mrs. A. N. Kessler.*

### FUDGE CAKE

1 cup brown sugar, ½ cup butter or less, 2 eggs, 2 heaping tablespoons cocoa dissolved in ¼ cup of hot coffee ½ teaspoon salt, 1 teaspoon soda dissolved in ¾ cup of sourmilk, 1¼ cups flour. Cream butter and sugar. Add egg well beaten. If you use sweet milk, use 1 or 2 teaspoons of cream of tartar.

*Mrs. W. J. Kotte.*

### BANANA CAKE

½ cup butter, ½ cup white sugar, ½ cup brown sugar, 2 egg yolks, 1¾ cups flour, 1 teaspoon soda, 1 teaspoon baking powder, 5 tablespoons milk, 1 cup chopped nuts, 1 cup bananas (2½) mashed, 1 teaspoon vanilla. (If you use egg whites omit milk).

*Mrs. Townsend.*

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## CAKES—Continued

### DREAM CAKE

1 cup flour,  $\frac{1}{2}$  cup butter; mix like shortbread, press into pan, partly bake while preparing the following:— $1\frac{1}{2}$  cups brown sugar, 2 eggs (well beaten), 1 cup chopped walnuts,  $\frac{1}{2}$  cup cocoanut, 2 teaspoons flour,  $\frac{1}{2}$  teaspoon baking powder. Spread on the first mixture and return to oven to brown. Cut in small squares to serve.

*Mrs. A. J. Fraser.*

### RED DEVIL'S FOOD

Cream  $\frac{1}{2}$  cup shortening with 2 cups granulated sugar. Add 2 eggs and 3 heaping tablespoons cocoa, cream well. 3 cups flour sifted 3 times with 2 teaspoons soda. Add this to other ingredients alternately with 2 cups sour milk. Beat well and add 1 teaspoon vanilla. Bake in loaf or three layers.

*Mrs. T. H. West.*

### OLD-FASHIONED JELLY ROLL

$\frac{3}{4}$  cup Swansdown Cake flour,  $\frac{3}{4}$  teaspoon baking powder,  $\frac{1}{4}$  teaspoon salt, 1 cup jelly (any kind), 4 eggs,  $\frac{3}{4}$  cup sifted sugar, 1 teaspoon vanilla. Sift flour before measuring. Combine baking powder, salt and eggs in a bowl. Place over a smaller bowl of hot water and beat, add sugar gradually until mixture becomes thick and light-colored. Remove bowl from over hot water. Fold in sifted flour, add vanilla. Turn into pan which has been greased and lined with paper to within  $\frac{1}{2}$  inch of edge and this again greased. Bake in hot oven about 15 minutes. Quickly cut off crisp edges from cake. Turn from pan, at once, on cloth dusted with powdered sugar. Remove paper, spread with jelly and roll. Wrap in cloth and cool on rack.

*Mrs. A. J. Fraser.*

### GUMPDROP CAKE

1 cup white sugar, 2 eggs, 1 teaspoon salt,  $\frac{1}{2}$  cup butter,  $\frac{3}{4}$  cup sweet milk,  $\frac{3}{4}$  lb. raisins, 1 lb. red gumdrops, 1 heaping teaspoon baking powder, 2 cups flour. Cream butter and sugar, add eggs and beat well. Add salt, milk and flour alternately. Flour the chopped gumdrops, add to the mixture, then add raisins and baking powder. Bake in a loaf in a moderate oven for one hour. (Cut gumdrops with scissors).

*Mrs. J. A. Ludlow.*

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## CAKE FILLINGS and FROSTINGS

### CHOCOLATE FILLING

Yolks of 2 eggs,  $1\frac{1}{2}$  cups sugar,  $\frac{1}{2}$  cup milk, 1 tablespoon butter, 4 squares chocolate, 2 teaspoons vanilla, a few grains of salt. Melt chocolate. Beat egg yolk very light. Add sugar and salt and continue beating. Add milk and butter. Cook over flame until it boils, stirring all the time. When it has boiled hard for one minute, take from fire, add melted chocolate and vanilla, and beat until thick enough to spread and hold its shape.

### COCOANUT FILLING

$\frac{1}{2}$  cup milk,  $1\frac{1}{2}$  cups shredded cocoanut, 2 egg-whites, 4 tablespoons confectioners sugar. Warm the milk, pour it over the cocoanut and soak until well softened, usually  $\frac{1}{2}$  hour. Beat the egg-whites stiff and add the sugar gradually. Spread a thin coating of the egg and sugar mixture on the layer, then spread a covering of the moistened cocoanut. To what is left of the filling, add enough confectioners' sugar to thicken, stir in the remaining cocoanut and spread the mixture thickly over the top. Sprinkle the whole cake with dry cocoanut.

### CREAM FILLING

1 tablespoon cornstarch, 1 cup of milk, 1 egg-yolk,  $\frac{1}{8}$  tablespoon salt, 1 teaspoon vanilla, 2 tablespoons confectioners' sugar,  $\frac{1}{2}$  teaspoon butter. Mix the cornstarch with two tablespoons of the milk. Heat the rest of the milk in a double boiler and stir the cornstarch paste slowly into it. Stir the mixture until it is smooth and cook it for 15 minutes. Add the beaten egg-yolk and cook 2 minutes longer. Remove from the fire and add the salt, sugar and butter. Beat well. Add flavoring. Cool before spreading on layers of cake.

### LEMON FILLING

$2\frac{1}{2}$  tablespoons flour  $\frac{1}{2}$  cup cold water, 1 egg-yolk, 1 cup sugar, juice and grated rind of 1 lemon, 1 teaspoon butter. Make a smooth paste of the flour and two tablespoons of the cold water. Cook the rest of the water, the sugar, grated lemon-rind and butter. When the sugar is dissolved and mixture boiling, stir in the flour mixture slowly. Cook until clear and smooth, about 15 minutes. Add lemon-juice and beaten egg-yolk and cook two minutes. Cool before spreading on cake.

### CONFECTIONERS' FROSTING

1 egg white, 1 cup confectioners' sugar,  $\frac{1}{2}$  teaspoon vanilla. Beat the egg-whites stiff and add the sugar gradually; continue beating until the mixture is smooth and light. Add flavoring.

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## CAKES, FILLINGS, and FROSTINGS—Continued

### BOILED FROSTING

1 cup sugar,  $\frac{1}{3}$  cup water, 1 egg-white,  $\frac{1}{2}$  teaspoon vanilla. Cook the sugar and water together, stirring until the sugar has dissolved. Then, without stirring, cook until the syrup will form a thread when dropped from the tip of a spoon (or until it reaches 238 degrees F). Remove from the fire and cool while beating the egg white stiff, then pour the syrup in a thin stream over the stiff white, beating the mixture constantly until thick enough to spread.

### BROWN-SUGAR FROSTING

1 cup brown sugar,  $\frac{1}{2}$  cup water, 2 egg whites, 1 teaspoon vanilla or  $\frac{1}{2}$  teaspoon lemon extract. Make a syrup of the sugar and water and cook to the soft-ball stage (244F). Remove from the fire and cool while the egg-whites are beaten, then pour the syrup in a thin stream on to the stiff whites, beating the mixture constantly until thick enough to spread. Add the flavoring. Chopped nuts may be stirred into the frosting just before spreading.

### COCOANUT FROSTING

2 cups sugar,  $\frac{1}{2}$  cup water, 1 teaspoon butter, 1 teaspoon vanilla extract or  $\frac{1}{2}$  teaspoon lemon extract,  $\frac{1}{2}$  cup shredded cocoanut. Boil sugar and water to the soft-ball stage (244F). Then add butter and cook until thick enough to spread. Add flavoring. When cool spread on cake and sprinkle cocoanut over the top.

### SEVEN MINUTE ICING

$1\frac{1}{4}$  cups brown sugar, 3 tablespoons cold water, white of one egg. Beat seven minutes. Take off stove. Add one teaspoon of baking powder and vanilla.

### A GOOD ICING

Take one cup of white sugar and  $\frac{1}{2}$  cup sweet cream and cook until thick. When it runs from spoon take from stove and let cool a little and add one teaspoon vanilla or other flavoring and beat until thick enough to spread on cake.

### ALMOND PASTE

Blanch 1 lb. Almonds, dry, then grind to a paste. Mix almonds with 3 eggs and a few grains salt and sifted icing sugar to a smooth paste then knead and shape.

*Mrs. Harvey.*

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# COOKIES

## LEMON SLICE

1 $\frac{3}{4}$  cup soda crackers, crumbled,  $\frac{3}{4}$  cup flour, 1 teaspoon baking powder,  $\frac{1}{2}$  cup cocoanut,  $\frac{3}{4}$  cup butter, 2 tablespoons milk. Mix all well and put  $\frac{1}{2}$  of the mixture in a square pan. 1 cup boiling water, 2 tablespoons flour, 1 egg, 1 cup sugar, 1 lemon (rind and juice). Cook this filling and let cool before you make the cake. Spread over bottom layer, and add remaining  $\frac{1}{2}$  of first mixture. Place in oven to brown, as with matrimonial cake.

*Mrs. R. L. Davidson.*

## RASPBERRY BAR

Rub together: 1 cup flour, 1 teaspoon baking powder,  $\frac{1}{2}$  cup butter,  $\frac{1}{4}$  teaspoon salt, 1 beaten egg, 1 tablespoon milk. Roll out to fit long pan and then spread with raspberry jam (not too thick). Mix: 1 cup sugar, 1 egg, butter size of a walnut, 1 teaspoon vanilla, 2 cups cocoanut. Spread this all over jam and bake in moderate oven.

*Mrs. F. Kissner.*

## PORCUPINES

1 cup chopped dates, 1 cup walnuts,  $\frac{1}{2}$  cup sugar, 1 tablespoon butter, 1 egg. Make mixture of above and drop by teaspoons on cocoanut and roll into balls. Bake for 12 minutes.

*Mrs. J. E. Barber.*

## FRUIT SNAPS

1 cup butter, 1 teaspoon soda, 1 $\frac{1}{2}$  cups brown sugar  $\frac{1}{2}$  cup molasses, 3 eggs, 1 cup raisins, 1 teaspoon, each, cloves, cinnamon and allspice. Flour to roll out as soft as can be cut, or not so much flour and make drop cakes to flatten with fork.

*Mrs. J. R. Coupland.*

## GRAHAM MARSHMALLOW ROLLS

14 graham wafers rolled fine,  $\frac{3}{4}$  cup butter, 1 cup nut meats,  $\frac{1}{2}$  cup thin cream,  $\frac{1}{2}$  cup sugar, 1 cup dates cut in pieces,  $\frac{1}{2}$  cup cocoanut, 14 or more marshmallows cut in about 3 pieces each. Mix all together, then crush a few more wafers and roll into balls, then put in a cool place a few hours before serving.

*Mrs. Andrews.*

## OATMEAL COOKIES

3 cups rolled oats, 1 cup flour,  $\frac{1}{3}$  cup brown sugar,  $\frac{3}{4}$  cup butter, 1 teaspoon soda in 2 tablespoons water. Roll out thin and scratch top with fork. Have oven not too hot.

*Mrs. Basil Williams.*

## CHEESE BITS

$\frac{1}{4}$  lb. creamed cheese,  $\frac{1}{4}$  cup butter, 1 cup flour. Mix together and roll out thin, cut with small cutter. Bake in slow oven. Put together with crabapple jelly.

*Mrs. P. B. Murphy.*

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## COOKIES—Continued

### CHOCOLATE INDIANS

2 squares chocolate,  $\frac{1}{2}$  cup butter, 3 eggs (well beaten), 1 cup sugar,  $\frac{3}{4}$  cup flour,  $\frac{1}{2}$  teaspoon vanilla, 2 teaspoons baking powder, pinch salt,  $\frac{1}{2}$  cup nuts. Melt chocolate, add butter, mix sugar and eggs, add flour sifted with baking powder and salt, nuts and vanilla, then stir in chocolate and butter. Bake in shallow pan 15 minutes, cut in squares while warm.

*Mrs. Sutherland.*

### COOKIES

1 cup granulated sugar, 1 cup butter, 2 eggs, 1 teaspoon vanilla, 2 teaspoons milk, 1 teaspoon cream tartar,  $\frac{1}{2}$  teaspoon soda, 1 cup currants. Cream butter and sugar, add well beaten eggs and vanilla and milk. Sift dry ingredients with currants and mix well. Roll out and bake in hot oven.

*Mrs. Stroud.*

### COCOANUT FINGERS

1 cup butter,  $\frac{1}{2}$  cup white sugar, 1 well beaten egg,  $\frac{1}{2}$  teaspoon soda in 2 cups flour. Roll thin and cut. Filling: Juice and rind of 1 lemon, 1 cup sugar,  $\frac{1}{2}$  cup cocoanut, 1 egg. Cook till fairly thick and spread between cookies after they are baked.

*Mrs. J. R. Coupland.*

### RADIO COOKIES

1 cup butter, 1 cup brown sugar, 2 eggs, 2 cups flour, 2 teaspoons vanilla, 2 teaspoons Baking Powder,  $\frac{1}{2}$  teaspoon salt. Cream butter and sugar, add beaten eggs and vanilla. Sift flour and baking powder and salt and add to butter mixture. Form in round balls and place on cookie sheet. Press small hole in centre and fill with jam. Bake in moderate oven.

*Mrs. R. C. Bridge.*

### PEANUT COOKIES

$\frac{1}{2}$  cup butter, 1 cup white sugar, 1 egg, 1 teaspoon salt,  $\frac{1}{2}$  cup milk, 2 cups flour, 1 cup peanuts (shelled), 3 teaspoons baking powder. Cream butter, add sugar, beaten egg, mix and sift dry ingredients, add milk and peanuts which have been put through the food chopper. Drop from a teaspoon on cookie sheet and bake from 12 to 15 minutes.

*Mrs. L. P. Williams.*

### CHOCOLATE DROP COOKIES

$\frac{1}{2}$  cup butter, 1 cup brown sugar, 1 well beaten egg,  $\frac{1}{2}$  cup milk,  $1\frac{1}{2}$  cups flour, 1 cup chopped nuts,  $\frac{1}{2}$  teaspoon soda, 2 squares melted chocolate or 2 tablespoons ground chocolate, 1 teaspoon vanilla. Cream butter, add sugar gradually, then egg, milk, flour mixed and sifted with soda. Stir in melted chocolate, nuts and vanilla. Drop by spoonfuls on buttered pan. Bake 400 degrees, 10 to 15 minutes.

*Miss Bessie Cummings.*

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## COOKIES—Continued

### BACHELOR BUTTONS

1 cup butter, 2 tablespoons sugar, 2 cups flour, 1 egg (slightly beaten),  $\frac{1}{2}$  cup sweet milk, 4 teaspoons baking powder,  $\frac{1}{2}$  teaspoon salt, 1 teaspoon vanilla. Mix all, then roll thin, cut into 4 inch squares and place a spoonful of jam on each square folding each corner into the centre.

*Mrs. Basil Williams.*

### NORWEGIAN TARTS

$\frac{3}{4}$  cup butter or shortening, mix with  $\frac{1}{4}$  cup McLaren's cream cheese, 2 tablespoons white sugar, 1 tablespoon brown sugar, 1 egg,  $\frac{1}{4}$  teaspoon salt, 1 teaspoon vanilla,  $\frac{1}{2}$  cup milk, 2 cups flour, 1 teaspoon baking powder, mix well, roll out and cut in 3 inch squares. Place one teaspoon jam on dough (raspberry or strawberry). Wet edges and pinch four corners together.

*Mrs. R. L. Davidson.*

### PEANUT BUTTER COOKIES

X  $\frac{1}{2}$  cup each brown and white sugar,  $\frac{1}{2}$  cup butter,  $\frac{1}{2}$  cup peanut butter, 1 egg, 1 tsp. vanilla, pinch salt, 1 tsp. soda dissolved in 1 teaspoon hot water, 1 rounded cup flour. Drop by teaspoonfuls in cookie pans. Press down with a fork. Put  $\frac{1}{2}$  shelled peanut on centre of each cookie and bake in quick oven.

*Mrs. H. J. Lafromboise.*

### FILLED CARAMEL COOKIES

2 cups brown sugar,  $\frac{3}{4}$  cup shortening, 1 teaspoon salt, 1 teaspoon cinnamon, 1 teaspoon soda,  $\frac{1}{2}$  teaspoon cream of tartar, 2 eggs, 4 cups flour. Method: Cream shortening and sugar. Sift dry ingredients and add well beaten eggs. Mix well and form into rolls about two inches in diameter and stand in refrigerator over night. In morning slice them and spread the following filling and bake in moderate oven. Filling: 1 cup dates,  $\frac{1}{2}$  cup sugar, 1 cup chopped nuts,  $\frac{1}{2}$  cup water. Method: cut dates and add other ingredients and cook till smooth paste.

*Miss B. Chambers.*

### CHEESE TURNOVERS

$\frac{1}{2}$  cup butter,  $\frac{1}{3}$  package cream cheese, 2 tablespoons cream. Stir together until creamy, add one cup sifted flour. Roll out and cut with cup. Place teaspoon jelly in centre, then fold over. White of egg beaten, brush edges and top. Cook fifteen minutes.

*Miss Ruth Belli*

### GINGER COOKIES

2 cups brown sugar,  $1\frac{1}{2}$  cups shortening (bacon dripping is excellent)  $1\frac{1}{2}$  cups molasses, bring to boil and add 2 dessert spoons soda, 3 or 4 eggs add next, 1 tablespoon ginger, 1 teaspoon cinnamon heaping, 1 small teaspoon cloves. Flour to make stiff dough suitable for handling.

*Mrs. O. Cheriton.*

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## COOKIES—Continued

### CHEESE TWISTS

2 cups flour, 2 teaspoons baking powder,  $\frac{1}{4}$  teaspoon salt, 8 table-spoons shortening, 1 cup grated cheese, cold water. Mix and sift together flour, baking powder and salt. Cut in shortening with a knife or rub in with finger tips. Add cheese and enough water to hold ingredients together. Chill, roll out thin on a slightly floured board. Cut in narrow strips, twist around cruller forms, and sprinkle with cayenne. Place on a baking sheet, bake in a hot oven (400 deg.), 10 to 15 minutes or until brown. While twists are warm slip from the forms.

*Miss Iona Steward.*

### MACAROONS

1 cup brown sugar, 1 tablespoon melted butter, 2 eggs, 1 cup chopped dates, 1 cup chopped nuts,  $\frac{1}{4}$  teaspoon salt, vanilla. Last add beaten egg whites. Drop teaspoonfuls in cocoanut and roll.

*Miss L. Schwartz.*

### GERMAN COOKIES

1 cup brown sugar, 1 lb. butter, 4 cups flour, 2 cups ground rice, 2 teaspoons soda, 4 teaspoons ground cinnamon, 1 teaspoon mixed spice. Mix with milk fairly dry, roll out very thin, cut into rounds. Bake. When baked put together with jam and ice with white icing.

*Mrs. C. T. Graham.*

### COCOANUT KISSES

2 egg whites, 1 cup sugar, 2 cups cocoanut, 1 teaspoon vanilla. Beat egg whites dry, add sugar gradually, then vanilla and cocoanut. Drop from teaspoon on ungreased pan and bake in slow oven 30 minutes.

*Mrs. C. Stroud.*

### BACHELOR BUTTONS

1 cup brown sugar, 1 cup butter, 1 egg, 2 cups flour sifted with 1 teaspoon soda, and  $\frac{1}{4}$  teaspoon salt, 1 cup crushed nuts, 1 cup cocoanut. Roll in balls. Bake at 350 deg.

*Miss Helen Anderson.*

### CHINESE CHEWS

1 cup dates, 1 cup walnuts,  $\frac{1}{2}$  cup flour, 1 cup white sugar,  $\frac{1}{4}$  cup melted butter, 2 eggs well beaten,  $\frac{1}{8}$  teaspoon salt,  $\frac{1}{4}$  teaspoon baking powder. Mix all together and spread  $\frac{1}{2}$  inch thick in 9x9 pan and bake 35 minutes in moderate oven.

*Mrs. C. Andrews.*

### GINGER DROP COOKIES

1 cup white sugar,  $\frac{1}{2}$  cup lard,  $\frac{1}{2}$  cup butter, 1 cup molasses, 1 teaspoon ginger, 1 egg, 1 cup sour milk, 1 tablespoon soda, flour to make a soft dough. Cream sugar and shortening, add molasses and egg, sour milk in which the soda has been dissolved. Add ginger to flour. Shape in small balls, flatten and lay on baking sheet. Bake in quick oven.

*Mrs. L. P. Williams.*

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## COOKIES—Continued

### COCOANUT MACAROONS

Whip whites of 3 eggs very stiff. Mix in 1 cup of granulated sugar and boil in double boiler 20 or 30 minutes or until mixture sticks well to sides of dish. Mix 1 large tablespoon corn starch with 2 cups of cocoanut. Flavor with vanilla or almond. Mix with whites. Take up small bits and roll. Place on buttered paper and bake slowly until a nice brown.

*Mrs. J. Coutts.*

### CREAM CAKES

3 eggs, well beaten with  $\frac{3}{4}$  cup white sugar. Beat about 2 minutes, add 3 tablespoons cold water in a cup measure, 1 teaspoon baking powder, 1 teaspoon corn starch. Fill with flour, sift into egg mixture and beat well. Fill patty tins about  $\frac{3}{4}$  full and bake in quick oven about 15 minutes. When cool, put out centre and fill with whipped cream, flavored with vanilla and sweetened with sugar to suit taste.

*Mrs. H. E. Ottley.*

### TRACKETS

$\frac{1}{2}$  lb. walnuts (cut coarse),  $\frac{1}{2}$  lb. dates (cut fine), 1 cup sugar, 3 teaspoons cracker crumbs,  $\frac{1}{2}$  teaspoon baking powder, 6 eggs. Method: Beat yolks of eggs and sugar lightly. Add cracker crumbs with baking powder. Then add dates and nuts and lastly egg whites (beaten stiff). Bake slowly in 2 layers for  $\frac{1}{2}$  hour or more and serve with whipped cream.

*Mrs. A. Moen.*

### DOUGHNUTS

1 cup sugar, 2 tablespoons melted butter,  $\frac{1}{8}$  teaspoon nutmeg, salt, 2 eggs, 1 cup sour milk, 1 teaspoon soda, 2 teaspoons baking powder. Flour enough to stiffen but not too stiff.

*Mrs. Cavanaugh.*

### CREAM CHEESE PASTRIES

$\frac{1}{2}$  cup butter, 3 oz. cheese, 1 cup flour, 2 tablespoons cream, jelly. Cream butter and cheese together, sift flour and work butter mixture into it, then add cream mixture, mixing well. Turn out on floured board and roll to  $\frac{1}{4}$  inch thickness. Cut out with cookie cutter, wet edges with cold water and put a teaspoon jelly in centre and fold over pressing edges together. Bake until brown.

*Mrs. Totton.*

### BRIDAL GEMS

1 cup butter, 1 cup fine sugar, 1 egg. 1 cup sifted cake flour,  $\frac{1}{4}$  teaspoon vanilla,  $\frac{1}{4}$  teaspoon almond. Cream butter, add sugar, slowly, add well beaten egg, sifted flour, flavoring. Icing:—1 egg white, add enough icing sugar to make a thick icing. Spread over the rolled cookie dough, sprinkle with chopped almonds. Cut to size desired.

*Mrs. C. T. Graham.*

### SHORT BREAD

1 cup butter,  $\frac{1}{2}$  cup sugar. (fruit sugar), 2 cups flour. Mix thoroughly and bake in slow oven.

*Miss Helen Anderson.*

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## PUDDINGS AND DESSERTS

### BREAD AND BUTTER PUDDING

Lay 6 well buttered slices of bread in a pudding dish greased with butter and stew with seeded raisins; next beat 3 eggs with 1 cup sugar, 1 teaspoon of vanilla crystals, and stir in 1 quart of milk and fill dish. Bake in a quick oven for  $\frac{1}{2}$  hour. Use stale bread if preferred.

*Mrs. Cheriton.*

### PINEAPPLE WHIP

Juice of 1 tin of pineapple, let come to a boil. Mix  $\frac{1}{2}$  cup of sugar, 1 tablespoon butter, 2 eggs, and 1 tablespoon flour, add to pineapple juice and cook for a few minutes. When cool add minced pineapple and  $\frac{1}{2}$  cup whipped cream. Serve with whipped cream.

*Miss L. Schwartz.*

### LEMON PUDDING

Juice and rind of 1 lemon, 1 cup sugar, 2 tablespoons flour, piece of butter, 1 cup milk, 2 eggs. Cream butter and sugar, add egg yolks and flour, stir, then add lemon juice and rind, add milk and beaten whites of 2 eggs. Cook 40 minutes in a pan of hot water in oven.

*Mrs. Hadder.*

### GRAHAM PUDDING

$\frac{1}{2}$  cup sugar,  $\frac{1}{2}$  cup molasses,  $\frac{1}{2}$  cup raisins, 1 cup sour milk and 1 teaspoon soda, 1 well beaten egg, one and one thirds cup graham flour, little nutmeg and cassia. Steam 2 hours and serve with following sauce.

Butter Sauce:  $\frac{1}{2}$  lb. butter, 2 cups sugar; beat together till like whipped cream, add 1 tablespoon vinegar or brandy, set in warm place and let melt slowly.

*Mrs. J. J. McDonald.*

### HONEY ALL-BRAN PUDDING

$\frac{1}{4}$  cup butter, two thirds cup honey, 1 egg (well beaten),  $\frac{1}{2}$  cup milk,  $\frac{1}{2}$  cup Kellogg's All-Bran, 1 cup flour,  $\frac{1}{2}$  teaspoon soda,  $\frac{1}{2}$  teaspoon salt, 1 cup raisins. Cream butter and honey together, add egg, milk and All-Bran. Sift dry ingredients and mix with the raisins, add to first mixture. Combine thoroughly and put into greased mold; cover tightly, and steam for 2 hours. Serve with hard sauce. Serves 6.

*Mrs. O'Connor.*

### CORN FLAKE PUDDING

2 lbs. cooking apples, 3 cups corn flakes,  $\frac{1}{2}$  cup sugar,  $\frac{1}{2}$  cup chopped nuts,  $\frac{1}{4}$  cup raisins, 1 teaspoon cinnamon, 2 tablespoons butter. Peel, core and chop apples. Cover bottom of baking dish with bits of butter and buttered corn flakes. Add layer of apples, sprinkle with cinnamon and sugar and dot with butter, then nuts and raisins. Repeat until all ingredients are used, making top layer of corn flakes. Dot with butter and cover. Bake in moderate oven.

*Miss B. Chambers.*

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## PUDDINGS and DESSERTS—Continued

### DATE PUDDING

1 cup dates, 1 cup nuts, 1 cup sugar, 3 eggs beaten separately, 1 teaspoon baking powder, 2 tablespoons flour. Mix dates, nuts and sugar. Add baking powder and flour and bake 20 minutes in a hot oven. Serve with whipped cream.

*Mrs. M. G. Forler.*

### JELLIED APPLES

10 apples, one and one third cups sugar, 2 tablespoons butter. Slice apples thin, put in layers in baking dish with sugar for top layer. Dot with butter, cover and bake in moderate oven until well done. Let cool and serve with whipped cream.

*Mrs. Moss.*

### HALF-HOUR PUDDING

1 cup flour, 2 teaspoons baking powder,  $\frac{1}{4}$  cup brown sugar, 1 cup raisins, pinch nutmeg. Mix with milk to a cake batter. Pour into buttered dish. Then mix 1 cup brown sugar, 2 tablespoons butter, 2 cups boiling water. Pour liquid over batter and bake  $\frac{1}{2}$  hour.

*Mrs. C. T. Graham.*

### DATE TORTE

4 eggs, 1 cup sugar, 1 cup bread crumbs, 1 teaspoon Baking Powder, 1 package dates pitted and halved, 1 cup walnut meats, 1 teaspoon vanilla. Beat eggs and add sugar gradually, all vanilla. Add bread-crumbs which have been mixed with baking powder. Add nuts and dates which have been cut fine. Mix well and bake in greased cake tin in moderate oven for about 35 minutes. Serve with ice cream or whipped cream.

*Mrs. J. A. Ludlow.*

### PINEAPPLE DELIGHT

One cup rice. Boil in salt water until tender and drain. Add one can crushed pineapple, 1 lb. marshmallows (cut in fourths). One-half pint whipped cream, let stand 4 hours. Add more whipped cream when ready to serve.

*Mrs. T. H. West.*

### DESSERT

5 bananas, sliced,  $\frac{3}{4}$  cup brown sugar,  $1\frac{1}{2}$  cups bread crumbs,  $\frac{1}{8}$  teaspoon cinnamon, 2 tablespoons butter, juice of 1 lemon. Mix sugar, crumbs and cinnamon. Marinate bananas in lemon juice. Arrange alternate layers of bananas and crumbs mixture in buttered dish. Dot with butter and top with crumbs. Bake in moderate oven for  $\frac{1}{2}$  hour.

*Mrs. R. C. Bridge.*

### DATE PUDDING

Make batter of the following and put in deep baking dish: 1 cup dates, 1 cup flour,  $\frac{1}{2}$  cup sugar,  $\frac{1}{2}$  cup milk, 2 teaspoons baking powder. Make syrup of 1 cup brown sugar, 2 cups boiling water, 1 tablespoon butter. Boil 10 minutes and pour over above batter and bake.

*Mrs. J. E. Barber.*

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## PUDDINGS and DESSERTS—Continued

### GRAPE-NUT PLUM PUDDING

1 package lemon jello, 1 pint boiling water, pinch salt,  $\frac{3}{4}$  cup chopped raisins,  $\frac{3}{4}$  cup chopped walnuts,  $\frac{3}{4}$  cup cooked prunes,  $\frac{1}{4}$  cup citron peel,  $\frac{3}{4}$  cup grape-nuts,  $\frac{1}{2}$  teaspoon cinnamon,  $\frac{1}{4}$  teaspoon cloves. Dissolve Jello in boiling water, when slightly thickened add fruit, etc. Chill until firm. Serve with whipped cream flavored with nutmeg. Serves 8.

*Mrs. P. B. Murphy.*

### STEAMED CHOCOLATE PUDDING

$1\frac{1}{2}$  cups flour, 3 teaspoons baking powder,  $\frac{1}{2}$  teaspoon salt, 2 tablespoons Cocoa, 2 tablespoons sugar, 2 tablespoons melted butter,  $\frac{3}{4}$  cup milk. Sift all dry ingredients together, add melted butter and milk. Place batter in greased tin and steam 1 hour. Serve with hot pudding sauce.

*Mrs. L. P. Williams.*

### CHERRY PUDDING

1 cup sugar, 1 cup flour, 1 cup cherries, and cherry juice, 1 cup nuts, 1 egg, 2 teaspoons melted butter, 1 teaspoon soda (dissolved). Bake 30 minutes. Serve with a pudding sauce.

*Mrs. Sutherland.*

### ORANGE PUDDING

1 cup white sugar, 1 tablespoon flour, 1 egg, 1 cup water. Boil until thick; then pour over 3 or 4 oranges cut up fine. Let cool and add  $\frac{1}{2}$  cup whipped cream.

*Miss Helen Anderson.*

### CARROT PUDDING

1 cup carrots grated, 1 cup apples, chopped, 1 cup sugar, 1 cup suet, put through chopper, 1 teaspoon cinnamon,  $\frac{1}{2}$  teaspoon soda sifted with 2 cups flour. Steam 3 hours. Serve with any pudding sauce.

*Mrs. H. J. Lafromboise.*

### DATE PUDDING

1 cup flour, 2 teaspoons baking powder,  $\frac{1}{2}$  cup sugar,  $\frac{1}{2}$  cup sweet milk, 1 cup chopped dates. Put in baking dish and pour over the following mixture: 2 cups hot water, 1 cup brown sugar, 2 tablespoons butter and vanilla. Bake in moderate oven for about 40 minutes.

*Mrs. Moss.*

### ORANGE WHIP

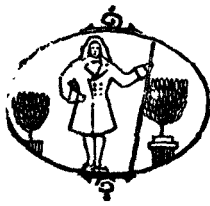
1 egg, 1 cup of sugar, 3 tablespoons flour,  $\frac{3}{4}$  cup of cold water. Mix together and cook until thick. Take from stove and add 3 oranges which have been peeled and cut fine. When cool add  $\frac{3}{4}$  cup cream which has been whipped. Chill. Serves five.

*Miss Doris Totton.*

### MAPLE ICE CREAM

$\frac{1}{2}$  cup Maple Syrup boiled, add 2 eggs (yolks) while boiling. Fold in beaten whites when cool.  $\frac{1}{2}$  pint whipped cream. Set outside to freeze, add walnuts if desired.

*Mrs. Andrews.*



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## PUDDING SAUCES

### HOT CHOCOLATE SAUCE

1½ cups sugar, ½ cup water, ¼ cup rich milk or water 4 squares unsweetened chocolate, ½ teaspoon vanilla. Let sugar and water boil in a saucepan for 5 minutes. Cool partly and gradually stir in the chocolate which has been melted in hot water. Add the vanilla. Place in a double boiler or in a pan over hot water until ready to serve. At the last moment, add the milk. (If to be used with ice-cream, use water instead of milk.)

### HOT MAPLE SAUCE

½ cup water, ½ cup English walnut-meats, 1 lb. (2 cups), maple sugar or 2 cups brown sugar. Add the water to the maple sugar and boil until it reaches the "thread" stage. Add the English walnut-meats broken into small pieces. This sauce is good with vanilla ice-cream, blanc mange, or custard.

### HARD SAUCE

1/3 cup butter, 1 cup powdered sugar, 1 teaspoon vanilla or other flavoring. Cream the butter until very soft, then add the sugar and the flavoring. Set in cool place until required for use. A grating of lemon rind or nutmeg, or a sprinkle of powdered cinnamon may be used instead of vanilla. Cream or milk may be added, with more sugar to make more sauce. This sauce may be used with hot pudding of any kind. Granulated sugar, brown sugar or maple sugar may be substituted for the powdered sugar.

### BERRY SAUCE

2 cups berries, 1 tablespoon butter, 1½ cups powdered sugar, 1 tablespoon granulated sugar, 1 egg-white. The small fruits, such as raspberries, blackberries or strawberries, make most satisfactory sauce for puddings. Place the berries in a bowl, add a tablespoon of granulated sugar and mash slightly to draw the juices out, setting the bowl in a moderately warm room. Beat the butter to a cream, add the powdered sugar and when thoroughly mixed add the beaten white of the egg. Combine with the mashed berries just before serving. Serve with ice-cream, berry puddings or cottage pudding.

### LEMON SAUCE

½ cup sugar, 1 tablespoon corn-starch, 2 tablespoons lemon juice, nutmeg, 2 tablespoons butter, 1 cup boiling water. Mix the sugar and corn-starch, add the boiling water and a pinch of salt and boil until thick and clear. Continue cooking over hot water for 20 minutes. Beat in the butter, the lemon juice and nutmeg. A grating of lemon-rind may be added.

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## PUDDING SAUCES—Continued

### FOAMY SAUCE

$\frac{1}{2}$  cup butter, 1 cup confectioner's sugar, 1 egg, 2 tablespoons hot water, 1 teaspoon vanilla. Cream the butter and gradually add the sugar, the egg, well beaten, and the hot water. Heat over hot water, beating continually until it thickens. Add the vanilla and serve.

### PLUM PUDDING SAUCE

$\frac{1}{4}$  cup butter, 1 cup powdered sugar, 2 tablespoons cider, 2 eggs,  $\frac{1}{2}$  cup rich milk or cream. Cream the butter and powdered sugar. Add the cider and the well-beaten yolks of the eggs. When well mixed, stir in the milk or cream. Cook in a double boiler until it is as thick as a custard and then gradually pour it into the beaten whites of the eggs, beating constantly.

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**J. L. MacKENZIE**

Assiniboia, — — — — — Saskatchewan.

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# Confidence

**T**URNING over the pages of an old volume the other day, we came across a glowing pearl of wisdom in the shape of a proverb, which we think particularly applicable to us and to our business:

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# PIES

## DEPRESSION PLUM PIE

Pastry:  $1\frac{1}{2}$  cups of flour,  $\frac{1}{4}$  cup Bakeasy Shortening,  $\frac{1}{4}$  cup butter. Rub to fine crumbs, moisten and mix with only sufficient water to hold together. Roll and line deep pie pan. Fill pie shell with  $1\frac{1}{2}$  cups sliced apples mixed with  $1\frac{1}{2}$  cups prime plums, (cut in pieces) and  $\frac{3}{4}$  cup sugar. Cut strips of pastry and fix in criss cross fashion over the top. Crimp edges with a fork. Bake in quick oven to start and finish slowly so that fruit is well cooked without boiling over.

Mrs. J. M. Bright.

*Cook 6/4 filling* BANANA PIE (Delicious) *watch closely turn 1/2 after 10 min.*  
Prepare a crust of rich pastry, and into this spread 2 riced bananas and cover with the following:—1 cup sugar,  $\frac{1}{2}$  teaspoon salt, 2 unbeaten egg whites—beat together until frothy, add  $\frac{1}{8}$  tsp. almond extract. Bake for about 20 minutes in fairly hot oven. Chill. *1/4 tsp cream tartar.*  
Top with whipped cream, flavored with vanilla. Dot top with currant jelly, sprinkle with chopped nuts. *400°*

Mrs. A. J. Fraser.

## PIE CRUST

1 lb. lard, 1 cup boiling water, 1 teaspoon salt, 6 cups flour. Pour boiling water over lard and mix until creamy add salt. Mix in flour one cup at a time and mix thoroughly. Do not put in flour until first mixture is quite cool.

Mrs. L. P. Williams.

## FLAPPER PIE

14 only Graham wafers (rolled fine).  $\frac{1}{4}$  cup melted butter.  
 $\frac{1}{2}$  cup gran. sugar or brown sugar  $\frac{1}{2}$  teaspoon cinnamon.  
Mix together and remove  $\frac{1}{2}$  cup of mixture for top of pie, using the balance to line the bottom of the tin. Then add filling made as follows:  
2 cups milk  $\frac{1}{4}$  cup Granulated Sugar.  
2 egg yolks 1 teaspoon Vanilla  
2 Tablespoons corn starch. A lemon filling is good too.  
Cook until thick and spread while hot. Then beat 2 egg whites stiff and beat in three tablespoons icing sugar, and spread on top of the filling. Then sprinkle over top remainder of crumbs and bake in a slow oven at 250 degrees for 20 minutes.  
When cold cut and serve, with whipped cream if desired.

I. B. C.

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## PIES—Continued

### BLUEBERRY CREAM PIE

Beat the yolks of 2 eggs, add  $\frac{3}{4}$  cup sugar, 2 large cups of blueberries, 1 teaspoon lemon juice, 2 level tablespoons flour, pinch of salt, and  $\frac{1}{2}$  cup thick cream. Turn into pastry and bake. Use whites of eggs for the top of the pie.

*Mrs. J. R. Coupland.*

### LEMON PIE

2 eggs  
1 cup sugar  
1 tablespoon butter.

3 tablespoons boiling water.  
Grated rind and juice of 1 lemon.

Beat yolks of eggs until thick; gradually add  $\frac{1}{2}$  cup sugar and mix thoroughly, add juice and rind and boiling water slowly. Cook in a double boiler to a thin custard. Add butter; beat whites of eggs until firm, fold in remaining  $\frac{1}{2}$  cup sugar, then fold one half of this meringue into custard. Fill a baked pie shell and cover the top with the remaining meringue. Brown slightly.

*Miss Ruth Bell.*

### ORANGE PIE

Juice and grated rind of 1 orange, small  $\frac{3}{4}$  cup of sugar, yolks of 2 eggs, 1 tablespoon corn starch, made smooth with milk; butter size of chestnut; 1 cup milk. Cook till thick stirring all the time, use whites of eggs for top of pie.

*Mrs. J. R. Coupland.*

### PUMPKIN PIE

Beat together yolks of four eggs and 1 cup of sugar. Add one pint of milk. one pint pumpkin.  $\frac{1}{2}$  teaspoon cinnamon,  $\frac{1}{4}$  teaspoon mace,  $\frac{1}{4}$  teaspoon nutmeg. Beaten whites of four eggs. Pour into pastry shell and bake.

*Miss Schwartz.*

### RHUBARB PIE

2 cups diced rubarb, 2 egg yolks, 1 cup sugar, 2 tablespoons flour sifted.

Pour boiling water over rhubarb. Let stand a few minutes then drain and add sugar, beaten egg yolks and flour. Place in pastry lined pie plate. Bake in a quick oven (450 deg.) for 10 min. Reduce heat to 325 deg. and finish baking. If desired make a meringue of egg whites,  $\frac{1}{2}$  cup sugar, 1 teaspoon lemon juice and spread over pie and brown.

*Mrs. W. J. Kotte*

### MINCEMEAT (English)

2 lbs. raisins.  
1 lb. citron peel  
8 or 10 apples.

2 lbs. currants.  
2 lbs. suet.  
1 cup walnuts.

Put all through meat chopper.

Add vinegar, choke cherry wine or other fruit juices. Allspice cloves, to taste. Mix thoroughly and cook very slowly on back of stove for 3 hours.

*Mrs. L. Gullivan.*

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## SALADS

### SALAD DRESSING

2 eggs, 1 cup sugar. Beat eggs and sugar well. Add  $\frac{1}{2}$  teaspoon mustard,  $\frac{1}{2}$  cup brown vinegar (dilute if white). Add butter the size of an egg. Boil until thick, stirring carefully.

*Miss Bessie Cummings.*

### VELVET SALAD DRESSING

$\frac{1}{4}$  cup white sugar, 1 tablespoon flour,  $1\frac{1}{2}$  teaspoons Keen's Mustard,  $\frac{1}{2}$  cup vinegar, 1 cup sweet milk, 3 or 4 egg yolks, 1 teaspoon butter. Mix well together the sugar, flour and mustard, then add vinegar and stir til smooth. Put in double boiler and heat. Add egg yolks and milk beaten together. When cooked, add butter. Stir while cooking.

*Miss Emilia M. Junker.*

### SHRIMP SALAD

1 quart tomatoes,  $1\frac{1}{4}$  cups water,  $1\frac{1}{2}$  teaspoons salt, small teaspoon of black pepper, 10 cloves, 3 bay leaves, 1 tablespoon white sugar, 1 teaspoon mustard, 1 medium onion (cut). Boil all these ingredients and strain. Dissolve 1 whole box of gelatin in tomato juice. Then add 2 cans shrimps,  $\frac{1}{2}$  cup celery (cut up), olives or 1 small can pimento (cut up). Put into moulds to cool and set. Serve on lettuce with dressing.

*Mrs. Alf. Moen.*

### SHRIMP A LA NEWBURG

2 cups shrimp (or 1 cup shrimp and 1 cup cooked diced celery), 2 tablespoons butter,  $\frac{1}{2}$  cup milk, 2 egg yolks, 1 tablespoon lemon juice,  $\frac{1}{2}$  teaspoon salt, pinch of cayenne. Melt butter, add shrimp; heat 3 minutes. Add seasoning and lemon juice. Cook 1 minute. Add beaten egg. Cook until thickened. Serve on toast.

*Mrs. R. L. Davidson.*

### STUFFED TOMATOES

6 tomatoes of equal size,  $1\frac{1}{2}$  cups bread crumbs, salt and pepper, 1 tablespoon sugar,  $\frac{1}{2}$  teaspoon sage, 2 tablespoons butter. Cut off stem end of tomato, remove contents, being careful not to break the walls of the tomato. Make stuffing of the centers of tomatoes, crumbs, seasonings and butter. Fill tomato cases full of dressing; place a small piece of butter on top of each. Bake in moderate oven until tender.

*Mrs. J. Moss.*

### TUNA FISH SALAD

1 can Tuna fish, 1 teaspoon salt, 1 small onion (if desired), 2 pieces celery (cut fine), 8 green olives (cut fine), 2 hard boiled eggs (cut up). Mix with salad dressing and serve on lettuce.

*Mrs. A. N. Kessler.*

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## SALADS—Continued

### IMPERIAL SALAD

1 level teaspoon gelatin, 1 can of pineapple syrup, 2 tablespoons lemon juice,  $\frac{1}{4}$  cup sugar, 1 egg yolk,  $\frac{1}{2}$  cup cream (whipped), 2 cups shredded cabbage, 1 cup pineapple (cut in fine pieces), 1 cup marshmallows (cut fine), salt. Soak gelatin in pineapple juice for 5 minutes. Put in double boiler with lemon juice and heat until dissolved. Beat egg yolk with sugar and salt, and gradually add to mixture. Stir until thickened slightly. Cool. Fold in cream. Add pineapple, cabbage and marshmallows. Turn into wet mold.

*Mrs. J. Coutts.*

### TOMATO AND CELERY SALAD

6 tomatoes, 2 cups celery (cut fine, mayonnaise dressing, lettuce leaves. Select firm tomatoes; cut slice from top of each, scoop out seeds and soft pulp. Mix celery with dressing and fill tomatoes. Place on lettuce leaves and serve.

*Mrs. Moss.*

### CHICKEN AND PINEAPPLE SALAD

3 cups diced cooked chicken, 1 cup shredded almonds (browned in a little butter), 1 cup diced celery, 1 cup shredded pineapple. Combine all and add salad dressing and let stand 1 hour or so. Serve on lettuce leaves. Serves 12.

*Mrs. P. B. Murphy.*

### CHICKEN SALAD

1 tablespoon gelatin,  $\frac{1}{4}$  cup cold water, 1 cup salad dressing, 2 cups cooked chicken (diced),  $\frac{1}{2}$  cup chopped celery,  $\frac{1}{4}$  cup chopped pimento. Soak gelatin in cold water and dissolve over hot water. Add to salad dressing. Fold in chicken, celery and pimento, and add more salad dressing, if necessary. Chill in single large mould or individual moulds. Serve on lettuce leaf and garnish with pickles, olives or radishes.

*Mrs. Chas. J. Lee.*

### VEGETABLE SUPPER SALAD

1 package lemon gelatin, 2 cups boiling water, 2 tablespoons vinegar, 1 teaspoon salt, 1 cup chopped celery, 1 cup shredded cabbage,  $\frac{1}{2}$  cup grated carrots, 1 green pepper (chopped). Dissolve gelatin in boiling water. Add vinegar and salt. Cool. When mixture begins to thicken, fold in vegetables and turn into mold. Serve on crisp lettuce leaves.

*Mrs. Chas. J. Lee.*

### CHRISTMAS SALAD

Make tomato jelly salad, and jellied cabbage salad. Color it a pale green and mould mixtures in separate pans (shallow). To serve, cut each jelly in rectangular shapes. Garnish the red jelly with strips of green peppers and jelly with strips of pimento, arranging strips to simulate the ribbon on a Christmas package. Sprigs of holly may be placed where the pimento strips or pepper strips cross. Place on a bed of lettuce.

*Mrs. L. Harvey.*

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## SALADS—Continued

### TOMATO JELLY

1 tablespoon gelatin,  $\frac{1}{4}$  cup cold water, 2 cups canned tomatoes, 1 tablespoon vinegar. Few grains salt and cayenne and paprika.  $\frac{1}{2}$  bay leaf (optional). Soak gelatin in cold water 5 minutes. Mix remaining ingredients, except onion and vinegar and let boil 10 minutes. Add soaked gelatin and stir until gelatin is dissolved. Then add onion and vinegar and strain. Turn in wet moulds and chill.

*Mrs. L. Harvey.*

### CANDLESTICK SALAD

6 sliced canned pineapple, 3 bananas, 6 marachino cherries, 1 green pepper, 2 tablespoons lemon juice. Cut each banana in half cross-wise and roll in lemon juice. Fit a banana into the hole of each pineapple slice and decorate top with cherry. Cut pepper in thin strips and place a curved strip at the side of each banana to represent the handle. Arrange on shredded lettuce and serve with French dressing. Serve six.

*Miss B. Chambers.*

### SUNSET SALAD

1 package lemon Jello (dissolved in 2 cups hot water), 2 tablespoons vinegar,  $\frac{1}{2}$  cup sugar, 1 teaspoon salt. Set in a cool place. When it begins to thicken, put in 1 cup of crushed pineapple and 1 cup grated carrots. Let it harden and serve with a dab of mayonnaise.

*Mrs. Cavanaugh.*

### STUFFED TOMATO SALAD

$\frac{1}{2}$  cup diced pineapple, 6 tomatoes,  $\frac{1}{2}$  cup chopped nuts. Remove pulp from tomatoes. Chill and sprinkle with salt and pepper. Fill with pulp combined with pineapple and nuts. Add French dressing. Serve on lettuce.

*Mrs. R. Bond.*

### OLIVE RELISH

1 package Lime Jello,  $1\frac{3}{4}$  cups boiling water,  $\frac{1}{4}$  cup vinegar, dash of salt,  $\frac{3}{4}$  cup of stuffed olives (sliced),  $\frac{1}{2}$  cup sweet pickles. Chill in small moulds, serve with meat or chicken on lettuce.

*Mrs. A. J. Fraser.*

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## SUPPER DISHES

### CASSEROLES OF BEEF AND LIMA BEANS

1 lb. of Chuck, round or shank of beef (free of bone), 1 pint dried Lima beans,  $\frac{1}{4}$  teaspoon baking soda, 3 tablespoons flour, 2 teaspoons salt,  $\frac{1}{4}$  teaspoon pepper,  $\frac{1}{2}$  cup sliced onions,  $\frac{1}{4}$  cup shortening (butter vegetable shortening, etc.), 1 cup canned tomatoes. Soak the beans over night, drain, cover with fresh boiling water, add the soda and boil for half an hour. Drain again. Cut the beef into cubes and roll in the flour which has been mixed with the salt and pepper. Brown the beef and onions in the melted shortening. Place in a Casserole in alternate layers with the beans and tomatoes. Add enough boiling water to barely cover. Cover tightly and bake for  $2\frac{1}{2}$  hours in slow oven (325F), adding more water if necessary.

*Mrs. Basil Williams.*

### SALMON ROLL

Make a rich biscuit dough and roll out  $\frac{1}{2}$  inch thick, spread with red salmon and roll like jelly roll. Bake and serve hot with cream sauce. Chicken may be used instead of salmon.

*Mrs. J. E. Barber.*

### CHICKEN SOUFFLE

2 cups milk, 1 tablespoon butter, 1 tablespoon flour,  $\frac{1}{2}$  teaspoon salt,  $\frac{1}{2}$  teaspoon pepper,  $\frac{1}{2}$  cup breadcrumbs, 2 cups chopped chicken, 1 tablespoon chopped parsley, 6 or 8 drops onion juice, 3 eggs. Put milk on in double boiler. Melt butter, flour, salt and pepper and cook slowly until frothy, add milk slowly. Then add breadcrumbs and cook 2 minutes. Add meat, chopped parsley, onion juice and beaten yolks of eggs. Cook slightly and fold in the well beaten whites of eggs. Pour in a buttered dish and set in a pan of hot water and bake in quick oven for 20 to 30 minutes.

*Mrs. L. R. Smith.*

### DELMONIC POTATOES

2 cups cold boiled potatoes cut in cubes,  $1\frac{1}{4}$  cups white sauce,  $1\frac{1}{4}$  cups grated cheese,  $\frac{1}{3}$  cup buttered bread crumbs,  $\frac{1}{4}$  teaspoon salt, a little pepper. Put half the potatoes in a baking dish. Pour half the sauce over them. Add half the grated cheese, sprinkle with salt and pepper. Put in the remaining potatoes, sauce and cheese. Cover with buttered bread crumbs and bake in moderate oven until well heated and browned.

*Mrs. J. Coutts.*

### TURKEY IN POTATO NESTS

Bake large potatoes. Cut in halves, lengthwise, scoop out and half fill the shell with creamed turkey or chicken. Mash and season the potato and pile on top of the meat. Put in hot oven and brown.

*Mrs. R. Bond.*

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## SUPPER DISHES—Continued

### TOMATO AND TAPIOCA SCALLOP

3 tablespoons minute tapioca, 1 tablespoon sugar,  $\frac{1}{2}$  teaspoon pepper,  $\frac{1}{2}$  teaspoon salt,  $\frac{1}{2}$  onion, 1 tablespoon butter, 2 cups canned tomatoes. Cook 10 minutes in double boiler. Mix together 1 cup celery (not too fine),  $\frac{1}{2}$  cup bread crumbs, 2 tablespoons butter. Place in baking dish in layers. Cover with buttered crumbs. Bake  $\frac{1}{2}$  hour in moderate oven.

*Mrs. F. Kissner.*

### SPANISH RICE

1 cup rice (soaked and cooked), 1 can tomatoes, 1 small onion, 2 tablespoons cheese (grated). Mix all together and bake in oven one hour or until rice is done.

*Miss Ruth Bell.*

### CHICKEN CROQUETTES

Boil a cup of milk with a lump of butter as large as an egg and a tablespoon of flour; when cool add pepper and salt, a bit of minced onion, 1 cup of bread crumbs and 1 pint of finely chopped chicken; lastly beat 2 eggs and beat in form of balls, roll in eggs and cracker crumbs and fry.

*Mrs. O'Connor.*

### PIGS IN CORN

Slice potatoes as for scalloped potatoes, add 1 can tomato soup, 1 can corn, cover with sausages and cook slowly till potatoes are done.

*Mrs. Andrews.*

### CASSEROLE DISH

1 can of crab flakes,  $\frac{1}{4}$  lb. minced ham, 2 hard boiled eggs. Make a pint of cream sauce. Pour over and cover with buttered bread crumbs and bake till brown.

*Mrs. J. Coutts.*

### PORK AND BEANS

3 cups beans, soak overnight. Next morning boil for about an hour. Pour into bean crock and add 2 tablespoons molasses, 1 teaspoon mustard, little pepper. Add slices of pork over beans. If fresh pork is used add salt. Bake in a slow oven.

*Mrs. J. A. Ludlow.*

### POTATO FLUFF

Boil a dozen medium sized potatoes until tender. When done remove the skins and rub through a colander; add  $\frac{1}{2}$  pint of hot milk or cream and 2 tablespoons of salt. Beat until soft and then stir in carefully the well beaten whites of 3 eggs. Heap in a baking dish and bake in the oven. Serve at once.

*Mrs. O'Connor.*

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## SUPPER DISHES—Continued

### BONED LAMB CHOPS CAPER SAUCE

Have lamb chops cut two inches thick remove the bone and the outer skin. Draw the end around to form a round, flat piece and fasten securely with a skewer or by sewing with stout thread. Place on a greased broiler, brown quickly on both sides under high heat. Reduce the heat and continue cooking the chops for 15 minutes, turning several times. Remove the skewers or threads, sprinkle with salt and pepper and dot with butter. Serve on a hot platter or plates with caper sauce as follows: 2 tablespoons of butter, 2 tablespoons flour,  $\frac{1}{2}$  teaspoon salt, pepper, 1 cup hot stock (meat or meat and vegetable mixture),  $\frac{1}{4}$  cup drained capers. Melt the butter, adding a slice of onion if desired, and cooking gently until the onion is tender. Remove the onion, add the flour and stir until smooth and blended. Add the seasonings and gradually pour in the hot stock, stirring constantly. Cook continuing to stir until the mixture is thick and smooth. Add the drained capers and serve hot.

*Miss Emilia M. Junkers.*

### MACARONI & CHEESE

Boil 2 cups macaroni in salt water until tender. Make a sauce of 3 tablespoons butter, 3 tablespoons of flour and  $1\frac{1}{2}$  cups of hot milk. Bring to boil; stir in 1 cup nippy cheese and 1 tin tomato soup. Pour sauce over the drained macaroni in a casserole, and bake in a moderately hot oven until browned on top.

*Mrs. J. M. Bright.*

### HAMBURGER CASSEROLE

$1\frac{3}{4}$  lb. hamburger,  $\frac{1}{4}$  lb. pork sausage meat. Mix well with salt, pepper and 2 tablespoons minced onion. Pack in greased casserole. Form cup-like depression in center. Fill with cooked tomatoes. Place sliced tomatoes in ring around top. Sprinkle with salt and pepper. Bake uncovered  $1\frac{1}{2}$  hours in moderate oven.

*Mrs. J. M. Bright.*

### SOUTHERN CABBAGE

Chop fine a medium sized cabbage; put into a stew pan with boiling water to cover; boil 15 minutes; drain off all the water and add the following dressing:  $\frac{1}{2}$  teacup vinegar,  $\frac{2}{3}$  as much sugar, pepper and salt,  $\frac{1}{2}$  teaspoon salad oil or butter. When boiling hot, add 1 teacupful cream or milk and 1 egg stirred together. Mix thoroughly and add with cabbage and cook a moment. Serve hot.

*Mrs. C. J. O'Connor.*

### CELERY & CARROT ON TOAST

Boil sliced carrots and celery, cut in half inch pieces in salted water until tender. Serve on toast with a well seasoned cream sauce. Make the sauce of half vegetable water and half cream.

*Mrs. A. J. Fraser.*

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# PICKLES

## ENGLISH CHUTNEY

12 large ripe tomatoes, 8 apples, 6 large onions, 2 red peppers. Put through food chopper. 1 teaspoon allspice, 1 teaspoon cloves, 2 cups brown sugar, 2 cups vinegar, 2 tablespoons mixed pickling spices, 2 tablespoons salt. Cook slowly until thick with spice tied in bag.

*Mrs. R. L. Davidson.*

## BREAD AND BUTTER PICKLES

Slice 1 gallon of cucumbers as for serving. Add 6 tablespoons salt and a little piece of alum. Cover with water and let stand all night. Drain and rinse with cold water. Heat 3 pints vinegar, 1 tablespoon celery seed,  $\frac{1}{2}$  tablespoon curry powder,  $\frac{1}{4}$  cup mustard seed, 4 cups white sugar. When boiling add cucumbers, stir well. Seal while hot.

*Mrs. Blackwell.*

## CUCUMBER RELISH

10 large cucumbers, 2 quarts onions, 1 pint white vinegar, 1 teaspoon celery seed,  $\frac{1}{2}$  teaspoon curry powder,  $\frac{1}{2}$  teaspoon mustard,  $1\frac{1}{2}$  cups granulated sugar, 1 teaspoon tumeric, 2 tablespoons flour, 1 teaspoon salt, pepper. Peel, seed, salt and let cucumbers stand overnight. Then drain and chop fine, also onions. Add sauce and boil for 10 or 15 minutes. Sauce is prepared from other ingredients in order mentioned.

*Mrs. R. H. Bond.*

## MOTHER'S FAVORITE PICKLES

1 quart of raw cabbage (chopped fine), 1 quart of boiled beets (chopped fine), 2 cups of brown sugar, 1 tablespoon of salt, 1 teaspoon black pepper,  $\frac{1}{4}$  teaspoon cayenne pepper, 1 cup of grated horseradish. Cover with cold vinegar and seal in jars.

*Mrs. W. J. Kotte.*

## MEAT SAUCE

(Order of H. P. Sauce)

1 pint vinegar, 2 teaspoons mustard, 2 teaspoons salt, 2 teaspoons sugar, 1 oz. mixed spices (cloves, cassia and allspice), 2 tablespoons molasses. Boil 20 minute and bottle.

*Mrs. J. J. McDonald.*

## INDIAN CHUTNEY

8 lbs. of firm pears, 4 lbs. puffed raisins, 2 lbs. brown sugar, 4 lbs. of onions, 1 oz. ground ginger, 1 teaspoon cayenne pepper, 1 oz. salt, 1 tablespoon curry powder, 2 ozs. ground cloves, 2 lbs. mixed peel, 4 quarts vinegar. Cut pears in fairly large pieces, leave raisins whole, add remaining ingredients and boil  $1\frac{1}{2}$  hours.

*Mrs. C. T. Graham.*

## TOMATO SAUCE

30 ripe tomatoes, 4 heads celery, 3 red peppers, 3 tablespoons salt,  $2\frac{1}{2}$  cups vinegar, 2 cups brown sugar, 4 onions. Cook two hours.

*Mrs. L. Gullivan.*

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## PICKLES—Continued

### RELISH

(Pickled Beetroot and Cabbage)

1 quart of cooked beetroot, 1 quart of raw cabbage, 1 tablespoon salt, 1 pound of sugar, vinegar, 1 cupful of grated horseradish, 1 teaspoonful of pepper. Peel the beetroots and chop them up finely, add cabbage (chopped), salt, sugar, horseradish and pepper. Mix well. Put in pickle jars.

*Mrs. O. Cheriton.*

### PICKLED CARROTS

Boil young carrots until skins slip; remove skin and slice or leave whole. Pour over them the following syrup. 1 quart vinegar, 4 cups white sugar, 1 tablespoon whole cloves, 2 sticks cinnamon, 1 tablespoon allspice, 1 tablespoon mace.

Method: Tie spices in bag and bring to a boil with sugar and vinegar. Pour over carrots and allow to stand over night. Next morning bring to a boil and boil five minutes. Remove spice bag and put in hot sterile jars.

*Miss B. Chambers.*

### CRANBERRY ORANGE RELISH

(No Cooking)

1 lb. cranberries, 1 to 1½ oranges, 2 cups sugar. Put cranberries through meat grinder. Pare orange with sharp knife, remove seeds, trim off white membrane. Put rind and pulp through grinder, mix with sugar and berries. Let set a few hours before serving.

*Mrs. J. Coutts.*

### PICKLED ONIONS

Peel some small silver onions and cover with brine made of 1 lb. of salt to 5 pints of water. Let stand over night; drain thoroughly and cover it with equal parts of water and milk. Bring to a boil and drain again. Pour cold water over the onions in a colander until clear. Pack in jars adding two tiny red peppers to each jar. Fill jars up with cold vinegar and seal. Small amount of sugar may be added, if desired.

*Mrs. R. C. Bridge.*

### CUCUMBER PICKLE

Soak cucumbers in brine, made of one cup of salt to two quarts of water for a day and night. Remove from brine, rinse in cold water and drain. Cover with vinegar, add 1 tablespoon brown sugar, some stick cinnamon and cloves to every quart of vinegar used; bring to a boil and pack in jars. For sweet pickles, use 1 cup of sugar to 1 quart of vinegar.

*Mrs. John Easton.*

### TOMATO BUTTER

2 cups tomato pulp, 2 cups apple pulp, 3 cups sugar, ½ teaspoon cinnamon. Measure the fruit after it has been cooked and strained through a colander. Combine the ingredients and cook until thick. Seal in sterile jars.

*Mrs. F. Kissner.*

### **PICKLES—Continued**

#### **RIPE TOMATO SAUCE**

3 baskets ripe tomatoes, 12 sour apples, 4 lbs. brown sugar, 3 lbs. onions, 2 lbs. celery, 1 quart vinegar, 1 tablespoon each of cassia, cloves, ginger, a pinch of red pepper, 4 dessertspoons salt. Chop all fine. When cooked, add  $\frac{3}{4}$  cup cornstarch. Cook 3 hours.

*Mrs. A. N. Kessler.*

#### **PEACH PICKLE**

26 peaches, 2 cups vinegar, 5 cups sugar, cinnamon to taste. Stick one whole clove on each side of each peach. Cook in boiling hot vinegar till soft.

*Mrs. Townsend.*

#### **NINE DAY PICKLES**

4 qts. cucumbers, 2 qts. boiling water, 1 cup salt. Pour boiling water and salt over cucumbers and let stand three days. Drain. Bring brine to a boil and pour over cucumbers. Let stand another three days. Drain. Take one gallon of boiling water and one tablespoon alum. Pour over cucumbers and let stand six hours. Syrup:  $1\frac{1}{2}$  quarts of cider vinegar (Dilute about 1 qt. vinegar to  $\frac{1}{2}$  quart water), 4 lbs. white sugar, 1 oz. celery seed, 1 oz. allspice berries, 1 oz. cinnamon sticks. Boil and pour hot over the cucumbers each day for three days. At the end of three days pour hot over cucumbers in sealers.

*Mrs. J. A. Ludlow.*

#### **CRISP CUCUMBER PICKLE**

1 quart vinegar, 2 qts. water, 1 cup brown sugar, 1 tablespoon salt. Cucumbers and small onions. Soak cucumbers in ice water for five hours. Do not peel, cut in strips and pack closely in jars with onions. Bring vinegar, water, sugar and salt to boil. While boiling fill jars to overflow. Seal and let stand 3 weeks.

*Miss Anna McKinnon.*

#### **SWEET PICKLED GHERKINS**

2 pecks. Select 2 inch cucumbers. Boil 1 pint of salt in 9 pints of water. Scald cucumbers with this brine, let stand overnight and drain and rinse. Place in a kettle and cover with pure vinegar and bring to a boil. Drain and pack in jars and cover with a syrup made as follows:—  
4 quarts vinegar,  $\frac{1}{2}$  cup mixed pickle spice, 8 cups sugar. Tie spice in bag and boil in vinegar for 8 minutes. Add sugar and bring to boil. Cover pickles to overflowing to seal.

*Miss Anna McKinnon.*

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## JAMS, MARMALADES—Continued

### CITRON CONSERVE

3 medium sized citrons, 1 lb. dried apricots, juice of 2 lemons, 2 tins crushed pineapple, sugar.

Method: Peel and cut up the citron and put through food chopper. To each cup of ground citron add  $\frac{1}{2}$  cup sugar. Wash the apricots and put them through the food chopper also, and allow 2 cups of sugar to these. Mix with citron, add lemon juice and one more cup of sugar. Add crushed pineapple and the juice. Bring all ingredients slowly to a boil and cook gently until mixture is thick and clear. Seal in hot sterile jars.

*Mrs. R. C. Bridge.*

### ABERDEEN MARMALADE

6 oranges, 4 lemons, 1 grapefruit.

Put through food chopper, to each cup of fruit add 3 cups of water, put away to let stand 24 hours, then put on stove and boil 1 hour. Remove from the fire and let stand 24 hours. To each cup of mixture add 1 cup of sugar and boil until the syrup will jell about  $\frac{3}{4}$  of an hour. Pour into glasses and when cool seal.

*Mrs. L. P. Williams.*

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## SANDWICH SUGGESTIONS and SPREADS

### SANDWICH SUGGESTIONS

Lobster mashed to a paste, seasoned with salt, pepper, lemon juice, and moistened with salad dressing.

Devilled ham, mashed hard-boiled egg, seasoned with Chili sauce or tomato catsup, and moistened with salad dressing.

Cheese, mashed, mixed with chipped salted almonds, moistened with salad dressing.

Minced chicken and finely shredded almonds with salad dressing or cream.

Flaked crab meat, shredded celery, seasonings and salad dressing.

Finely chopped cooked meat, with mustard mixed with softened butter.

Chopped chicken, chopped olives and salad dressing.

Mashed tuna with minced celery and salad dressing.

Cream cheese mixed with Indian Relish.

Chopped preserved ginger, chopped nuts and orange juice to moisten.

### SAVOURY SANDWICH FILLINGS

Pounded nuts and thin slices of banana are very good with a sprinkling of salt.

A delicious filling can be made with crushed bananas and red currant jelly.

Finely chopped olives and cream cheese, with a dash of cayenne.

Pounded pickled walnuts and cheese prove an excellent mixture.

Pickled walnuts alone are quite good. They should be pounded, and then a filling used.

### SANDWICH SPREAD

14 medium sized cucumbers, 1 quart of onions (put through chopper), 3 red peppers, 3 green peppers. Then add  $\frac{3}{4}$  cup salt, let stand overnight, drain, cover with weak vinegar and cook until tender, drain in colander.  $\frac{1}{2}$  cup butter, 3 tablespoons flour, 1 quart vinegar,  $1\frac{1}{2}$  cups sugar, 4 well beaten eggs. Cook until smooth then add—1 cup cream, 1 teaspoon celery seed and 1 teaspoon mustard. Mix well and bottle. This will keep indefinitely.

*Mrs. Blackwell.*

### SANDWICH SPREAD

$\frac{1}{2}$  cup butter, 1 cup white sugar, 3 eggs, 1 teaspoon salt, 1 cup vinegar, 1 cup cream, 3 tablespoons mustard, 2 tablespoons flour.

Cook in double boiler until thick, then add:—

1 cup grated cheese, 1 bottle stuffed olives, 30 cent size (chopped fine), 4 dill pickles (chopped fine). Boil ten minutes, then put in jars and seal.

*Mrs. Basil Williams.*

## SANDWICH SUGGESTIONS & SPREADS—Continued

### SANDWICH FILLING

One and a half cups ground Minced Ham, 3 tablespoons chopped pickles, 1/3 teaspoon salt, three hard boiled eggs, 3 cups salad Dressing. Chop ham, eggs and pickles very fine, add salt and dressing.

*Miss Ruth Bell.*

### SANDWICH FILLING

4 eggs well beaten, 1/4 lb. butter, 2 tablespoons mustard, 1/2 teaspoon salt, 1/3 cup sugar, 3/4 cup vinegar.

Cook till thick then add: 1 tin pimento, 1/2 small onion, 2 green peppers, 1 cup grated cheese. Just let the cheese get dissolved.

*Mrs. A. N. Kessler.*

### CHEESE FINGERS

Trim crusts from white bread and cut into slices 2 or 2 1/2 inches long. spread on all sides with cheese spread and bake in hot oven 10 minutes or until golden brown (sprinkle with paprika, garnish with parsley for table.

Cheese Spread—1/4 lb. cream cheese or very soft kraft, 2 oz. butter. Cream together and add salt and pepper.

*Mrs. T. Orr.*

# CANDY

## ALMOND BRITTLE

$\frac{1}{2}$  pound almonds,  $\frac{1}{2}$  cup butter,  $\frac{1}{2}$  cup brown sugar,  $\frac{1}{2}$  cup water,  $\frac{1}{8}$  teaspoon cream of tartar.

Blanch almonds and brown slightly in oven, turning frequently to make nuts of an even color. Put butter, sugar water, and cream of tartar into a sauce pan and boil to the soft ball stage. Add almonds and continue cooking until brittle stage. Pour into a buttered pan and when cold break into pieces.

*Mrs. J. M. Bright.*

## SEA FOAM

2 cups sugar,  $\frac{2}{3}$  cups boiling water,  $\frac{1}{2}$  cup corn syrup,  $\frac{3}{4}$  cup chopped nut meats or dates; whites of 2 eggs,  $\frac{1}{2}$  teaspoon vanilla. Boil first 3 ingredients until brittle when dropped in cold water, then add boiled syrup to stiffly beaten whites of eggs; slowly beat a few minutes, then add nut meats and vanilla; beat until cold enough to drop on buttered tins.

*Mrs. J. M. Bright.*

## MAPLE CREAM

Two cups brown sugar,  $\frac{1}{2}$  cup corn syrup,  $\frac{1}{2}$  cup rich milk,  $\frac{1}{4}$  teaspoon salt, 2 teaspoons butter,  $\frac{3}{4}$  teaspoon vanilla,  $\frac{1}{2}$  cup broken walnut meats (optional).

Stir sugar, corn syrup, milk and salt over low heat until sugar dissolves. Cover, bring to boil and cook for 3 minutes. Uncover and cook over moderate heat until a few drops of the mixture form a soft ball in cold water. Add butter, bring again to boil, then remove from heat and add vanilla. Cool almost to lukewarm. Beat until the mixture begins to thicken. Turn into greased pan and when cool, mark in squares. If nutmeats are used, add as the mixture begins to thicken.

*Mrs. J. A. Ludlow.*

## COCOA FUDGE

1 cup brown sugar, 1 cup white sugar,  $\frac{1}{4}$  cup syrup,  $\frac{1}{4}$  cup melted butter,  $\frac{1}{2}$  cup milk. Boil  $2\frac{1}{2}$  minutes, then add 2 teaspoons cocoa. Boil 5 minutes longer, take from stove and add teaspoon vanilla. Beat until creamy and put in buttered tins. Add nuts, if preferred.

*Mrs. J. A. Ludlow.*

## UNCOOKED FUDGE

2 eggs, beaten separately.

$\frac{1}{2}$  pound marshmallows.

1 cup icing sugar.

$\frac{1}{2}$  pound "Dot" Chocolate.

1 cup chopped walnuts.

Melt chocolate. Add vanilla and salt and all other ingredients. Fold in marshmallows and stiffly beaten whites of eggs. Spread in pan and cut in squares. Work fast as this hardens quickly.

*Miss Doris Totton.*

## CANDY—Continued

### CANDIED PEEL

With sharp knife shred the skin of 6 oranges or 3 grape fruit into narrow strips (from top to bottom) . Cover with cold water and cook until tender (about 1½ hours), changing water 2 or 3 times. Drain, add weight in sugar (about 1 cup) and enough boiling water to cover. Stir till sugar is dissolved, the let boil hard until syrup is entirely cooked back into peel. Watch carefully the last 2 or 3 minutes to prevent burning. Turn on platter covered with granulated sugar and roll in sugar. Set away to cool and harden. Do not cover.

*Mrs. Chas. J. Lee.*

ASSINIBOIA HOSPITAL WOMEN'S AUXILIARY

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## MY FAVORITE RECIPES

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